

HOW TO OPTIMISE YOUR CHEAT MEALS P78

MMH

MEN'S MUSCLE & HEALTH

FOR MEN WHO WANT TO LOOK AND PERFORM AT THEIR PEAK

GET BACK IN SHAPE!

THE SHRED FACTOR

Lose fat with metabolic training P90

5 LEG MOVES

YOU MUST DO NOW P116

ZERO to 100 in 6.1 SECONDS

Look back at Australian
motoring history P110



LEO FROM
BIG BROTHER
GOES FROM
FLAB TO ABS



POWER
DRESSING
FOR BUSINESS
SUCCESS

P34

PRE-WORKOUT DOES IT WORK?

MAY/JUNE 2015
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ISSN 2200-968X

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03

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Pete Evans
Chef, Health Coach





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MAY/JUNE 2015

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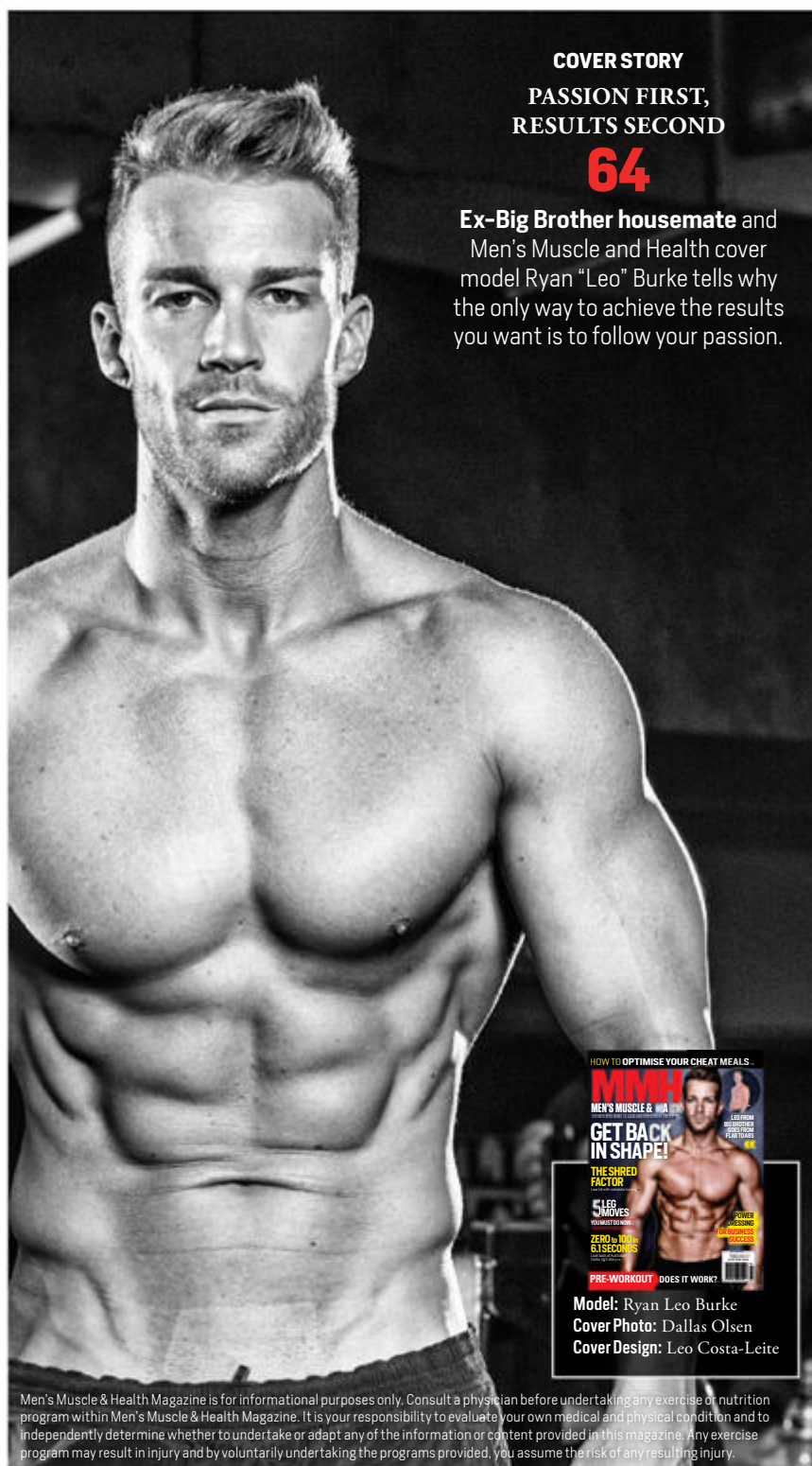
Don't wait for a wake-up call, follow our advice and start living a life full of gratitude today.

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PASSION FIRST, RESULTS SECOND

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Ex-Big Brother housemate and Men's Muscle and Health cover model Ryan "Leo" Burke tells why the only way to achieve the results you want is to follow your passion.



Model: Ryan Leo Burke
Cover Photo: Dallas Olsen
Cover Design: Leo Costa-Leite

Men's Muscle & Health Magazine is for informational purposes only. Consult a physician before undertaking any exercise or nutrition program within Men's Muscle & Health Magazine. It is your responsibility to evaluate your own medical and physical condition and to independently determine whether to undertake or adapt any of the information or content provided in this magazine. Any exercise program may result in injury and by voluntarily undertaking the programs provided, you assume the risk of any resulting injury.



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LIVE WITH PASSION

Sadly, as many of you would know, a large hole was blown in the fitness industry in January with the passing of Greg Plitt – an American fitness advocate who was well known for his motivational speaking and videos that reached hundreds of thousands of people around the world.

Just about every athlete we photograph in the *MMH* studio knows and admires Greg Plitt, as we're sure many of our readers do, too. There are countless stories from people who have been motivated by Greg to turn their life and health around, and many wish to emulate his success in the gym and in business.

Having been lucky enough to have met and shot with Greg at *MMH* HQ last year, his sudden passing was both a shock and a wake-up call to our entire team. Even in the short time we spent with Greg, his energy and zest for life was obvious. This was a man who loved every minute of what he did, and made every day count. And that really is the legacy he left behind: live every day with passion.

In the wake of his death, Greg's family and business partners have banded

together to keep his memory alive through his website, so if you are looking for words of wisdom or some motivation to get yourself into shape make sure you take a look. I'm sure there will be something there that will help you on your way to realising your goals. (See page 21 for more details).

In the spirit of living with passion, we have put together a bumper issue for you.

On the cover we've got ex-Big Brother housemate Ryan "Leo" Bourke, a guy who likes to keep in shape all year round. Leo lost his edge in the BB house but it didn't take him long to bounce back into shape and you can do it too with our 6-Weeks to Abs workout on page 67. *MMH* ambassador Joel Bushby gives us Part 2 of his "Push Pull" workout on page 58, Daniel Pardo transforms from skinny to shredded on page 140 and we show you how to conquer your next adventure race on page 122.

We hope you enjoy this issue and remember: live with passion, and make every minute count.

Dallas Olsen
Chief Photographer



"Even in the short time we spent with Greg Plitt, his energy and zest for life was obvious."



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MEET OUR EXPERTS



Dr Michael Rich

Dr Michael Rich MBBS, FACD, ACCS

Dr Michael Rich is one of Australia's leading experts in cosmetic dermatology and cosmetic surgery. Dr Rich has founded the state-of-the-art enRich clinic in Melbourne, also consulting to clinics and hospitals throughout Australia. His expertise and experience is formidable. A Fellow of the Australian College of Dermatology (FACD) and Australasian College of Cosmetic Surgery (ACCS), he also holds dozens of memberships of medical societies nationwide and worldwide to ensure he is constantly informed of the newest, latest and most effective dermatological and cosmetic treatments available. Dr. Rich is also now consulting to The Facial Rejuvenation Clinic in Sydney on a monthly basis, specialising in treatments such as liposuction. For more information visit www.mrich.com.au



Dave Nixon

Dave Nixon

Dave Nixon is a health professional who has immersed himself in the health and fitness industry for the past 10 years. During this time he has had the opportunity to train, coach and work with more than 3,500 people. Dave has managed gyms since the age of 18 and founded Functional Fitness Australia in February 2011. With a clear vision of increasing the nation's health IQ, Dave is set on educating people to understand the importance of functional movement patterns - and why and how we self-sabotage our own success and health. He delivers an in-depth yet simple approach to understanding your body's real potential.



Pete Tansley

Pete Tansley

Pete Tansley is a writer, personal trainer, business owner, proud dad and a horrible dancer. Tansley owns and operates a training and online coaching company. As a chubby teenager, Tansley tried everything to lose weight. After attempting (and failing) every popular diet, Tansley embarked on an educational journey that led him to become a personal trainer. A decade later, Tansley has helped hundreds of clients lose weight and turn their health around through his website www.petetansleyfitness.com



Craig Lawson

Craig Lawson

Craig Lawson's work has featured in top international magazines, websites and broadsheets. His knowledge and critique is often called upon to judge style competitions as he keeps his finger firmly on the pulse of trends around the world. He runs riot online under the alias Mr Fashion Man. www.craiglawson.net/tag/mr-fashion-man/



Stent Card

Stent Card

Stent Card is a treating physiotherapist assisting people to live a pain-free and healthy life. Stent believes "knowledge is power," having a strong focus on educating people and helping them achieve their physical and mental best. Stent provides informative articles on all things fitness, injury prevention and rehabilitation. Stent has his Masters in Physiotherapy and Bachelor in Exercise Science graduating from Griffith University on the Gold Coast. His passion strongly lies within health and fitness and he is also a qualified personal trainer and sponsored fitness model competitor. For any enquires contact Stent via truefitness@live.com.au

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get active

CLIMB

STADIUM STOMP

June-July

Australia's ultimate stair climb challenge, Stadium Stomp, will be held at four of Australia's iconic sports stadiums in 2015. Stadium Stomp presents a unique fitness challenge. It is not a competition or a race, but a personal test of stamina and concentration open to all levels of fitness. Taking stair climbing and endurance events to a whole new level, Stadium Stomp provides entrants with the one-off opportunity to take on the thousands of steps at the Adelaide Oval, GABBA, MCG or SCG and raise money for a nominated charity at the same time.

Events in Adelaide, Brisbane, Melbourne and Sydney during June and July. For more information and to register visit www.stadiumstomp.com.au



June-July

MULTI-SPORT

ADVENTURE SERIES

23-24 May

If you're looking for an exciting adrenalin-charged challenge that lives up to your love of the outdoors and action-packed adventure, then the Paddy Pallin Adventure Series is for you. It is a race comprised of four core disciplines: mountain biking, running/trekking, kayaking and navigation, across a variety of difficult terrains. Created for teams of two, the races are fast, furious, and ultimately a whole lot of fun, especially with the support of a teammate. Entries start from \$95 per person.

Events are run year-round in multiple locations. For more information or to sign up for the Paddy Pallin Adventure Series, visit: www.paddypallinadventure.com.au



23-24 May

CYCLE

OUTBACK ODYSSEY

9-24 May 2015

Bicycle SA's spectacular ride – The Outback Odyssey – is one hell of an adventure. This epic 900km ride will take you through the Australian Outback, the Mawson trail all the way from Adelaide to the Flinders Ranges – tracing some of South Australia's most beautiful scenery along the way. It's tough stuff – you can expect anything from mud and rain, to bushfire, but every pedal is worth it. The ride is fully supported, so all you have to do is pedal. We keep you fed and the campsite is your home away from home - hot showers, massages and good company. Choose to ride for the full 16 days, or choose shorter 5, 6 or 7-day options. **MMH**

For more information and to register, visit www.bikesa.asn.au



9-24 May 2015

GET COVER MODEL ABS 

MMH

MEN'S MUSCLE & HEALTH
FOR MEN WHO WANT TO LOOK AND PERFORM AT THEIR PEAK

SO YOU WANT TO BE A

**COVER
MODEL?**

**WHAT ARE WE
LOOKING FOR?**

**FIT, CONFIDENT
STRONG**

**MEET OUR
COVER
MODEL
WINNER ...**

YOU

FUEL UP ON THE GO

With good fats from coconut P15

**POWER UP
YOUR DIET**

FOR BETTER ENDURANCE



THE SEARCH FOR THE ULTIMATE MMH GUY IS ON!
DO YOU FIT THE BILL?

Turn to page 56 for details

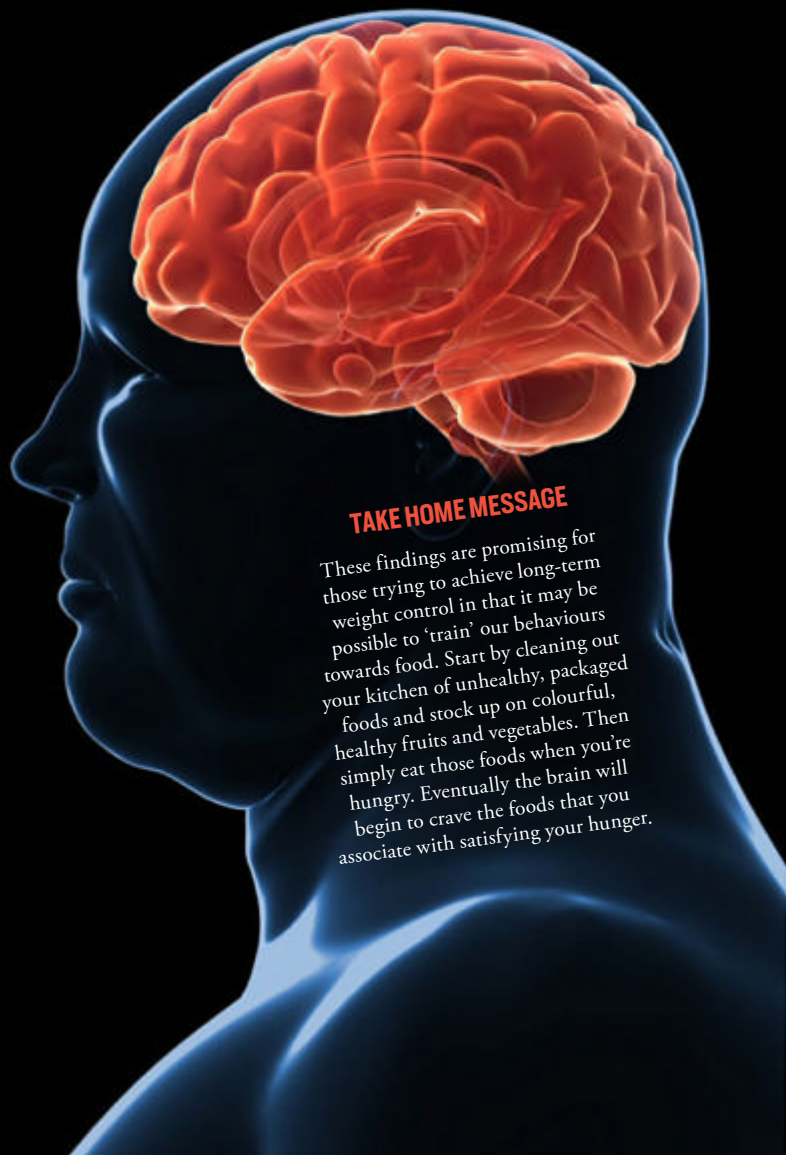
mind over fatter

According to research published in the American Journal of Clinical Nutrition, your brain's impression of foods may determine if you're able to maintain a significant weight loss or regain the weight.

Using functional magnetic resonance imaging (fMRI), a non-invasive, special type of MRI scan that measured blood flow changes in relation to neural activity in the brain and spinal cord, researchers studied the cognitive responses to foods in three groups. The three groups were 18 individuals of average weight, 16 obese individuals (obese being defined as body mass index of at least 30) and 17 participants who had lost at least 13 kilos and successfully maintained that weight loss

for a minimum of three years. Subjects fasted for four hours to increase their appetites and were then shown pictures of a variety of food and non-food items. The pictures included low-calorie foods, high-calorie foods and objects such as rocks and flowers with similar visual complexity, texture and colour to foods.

The fMRI data revealed that the weight-loss group responded differently to the pictures than the other groups. The most notable differences were in the left superior frontal region and right middle temporal region of the brain – these areas that stronger signals that are associated with greater inhibitory control in response to food images and greater visual attention to food cues.



TAKE HOME MESSAGE

These findings are promising for those trying to achieve long-term weight control in that it may be possible to 'train' our behaviours towards food. Start by cleaning out your kitchen of unhealthy, packaged foods and stock up on colourful, healthy fruits and vegetables. Then simply eat those foods when you're hungry. Eventually the brain will begin to crave the foods that you associate with satisfying your hunger.



don't pass the popcorn

What do microwave popcorn and the chemical warfare agent phosgene have in common? They may both cause bronchiolitis obliterans, an irreversible and often fatal lung disease which causes the tiny air sacs in your lungs to become scarred. 'Popcorn lung' as it's commonly called, results from high exposure to diacetyl, the artificial butter flavouring found in your favourite home-movie snack. While popcorn factory workers have died from the disease, the industry remains adamant that the chemical is only an 'occupational' health hazard and is safe for consumers. Dr Gregor from nutritionfacts.org says the industry has recommended a series of steps to protect us, "such as allowing the bag to cool completely before opening (but who wants cold popcorn?) and then opening in a well-ventilated area away from the face. One solution they didn't mention that would also eliminate the risk of lung disease? Don't buy it." Or make your own air-popped popcorn and sprinkle with some nutritional yeast for flavour. **MMH**

time for something new

Chris Hemsworth Photo Credit: Helga Esteb / Shutterstock.com

Choosing Your Next Watch:

1. **MAKE SURE IT MAKES A STATEMENT.** Many watches out there are associated with specific sports such as sailing, golfing or running. Choosing a watch that aligns with your interests lets everyone know just what kind of man you are.
2. **CHRONOMETER OR CHRONOGRAPH?** If time telling precision is what you're after, then look for a chronometer. On the other hand a chronograph is a watch with stopwatch capabilities, giving you the freedom to time anything you want!
3. **AVOID INTERNET TRAPS.** You might be able to get a great deal on a top quality watch over the internet, but be careful to make sure the serial number hasn't been polished off. This will mean the warranty on the watch is probably void. Alternatively, look for well-established online retailers who will honour the original warranty.



Aussie actor Chris Hemsworth never hits the red carpet without a wrist watch to complete his masculine look

WHAT'S HOT

Longines 24 Hours Single Push-Piece Chronograph

The latest addition to the Heritage collection is The Longines Twenty-Four Hours Single Push-Piece Chronograph. Housing an exclusive calibre, this single push-piece chronograph is a re-issue of an earlier pilot's watch dating from the 1950s and displays the time on a 24-hour scale.

The diameter of the original model, a magnificent 47.50 mm, has been reproduced, as well as the dial with its 24-hour scale, available in a black or silver dial. It features a chronograph function, displays the time on a 24-hour scale, and has a small seconds at 18 o'clock plus a date aperture at 12 o'clock, at the bottom of the dial. It is fitted on a black or brown alligator strap to match the colour of the dial.

www.longines.com
RRP: \$5275



Void Watches VOIEL

Regardless of the prevalence of iPhones and even iWatches, one can not look past the sophistication that a truly stylish wrist watch exudes. Founded in 2008 by Swedish designer and engineer, David Ericsson, VOID Watches are the epitome of timeless style. The VOIEL is the first VOID Watch in the range. With its unique design, incorporating a lower half of stainless steel and an inverted LCD display, this model is the signature timepiece that encapsulates VOID's core aesthetic. It is available in a range of colours and finished with bold leather straps and solid stainless steel bracelets.

www.voidwatches.com
RRP: \$200-255







Don't Look Down

Rafael Passos climbs the Edifício Gazeta, one of the most recognisable buildings in São Paulo, Brazil, for the inaugural Red Bull Selva de Pedra. Translating to 'Concrete Jungle,' the Selva de Pedra saw 10 of the country's best urban boulder climbers come together to contest the event. Cheered on by more than 6,000 spectators, Passos scaled the 14-storey building in 1 minute and 17 seconds. As fast and fearless as he was, it wasn't enough to secure the win, with Brazilian climber Dione Capelani coming out on top with a time of 1 minute and 9 seconds. **MMH**

Can you outrun endorphins?

Apparently not! Running is a fantastic way of boosting your mood and you don't have to worry that the endorphin high will wear off over time as you get used to running either. A new study in the *Medicine & Science in Sport and Exercise* journal showed a magnetic resonance image of the brains of both trained and untrained runners - and revealed that both subjects improved their mood after 30 minutes of moderate jogging.



TAKE HOME MESSAGE

To put yourself in a good mood, go for a half-hour jog at about 60% of your running capacity.



Techno Gym Wellness Ball™ - Active Sitting
RRP \$227

One hour of training undone with every six hours of sitting

A team of cardiologists at the University of Texas Southwestern Medical Center concluded that six hours spent sitting could be as harmful to cardiorespiratory fitness as one hour of exercise is beneficial. Sedentary activities in the study were considered to be sitting, driving, surfing the net and reading. They

recommend shifting positions frequently throughout the day, getting up and stretching regularly, pacing while on a phone call, or even fidgeting. They also recommend purchasing a pedometer to track your daily motion and replacing your desk chair with a fitness ball.

Try It

We recommend using the Techno Gym Wellness Ball™ - Active Sitting when you are at work, at home and in any other situation when sitting, to help you maintain correct posture, preventing back problems and at the same time improving your general health. In fact this chair makes it possible to eliminate one of the main causes of low back pain: remaining seated for long hours in a static position. **For more info visit: www.technogym.com**

AUSTRALIAN SITTING STATISTICS

13 HOURS -A WEEK- the average Australian spends sitting in front of a television

23 HOURS -A WEEK- that professionals spend sitting at a computer

65 DAYS -PER YEAR-

that Australian men spend sitting down in total

WOW
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TAKE HOME MESSAGE

Eating pineapple is pretty darn good for you. When choosing pineapple, fresh is best as the canning process destroys most of its healing properties.

the new six-pack strategy: pineapple

Pineapple is full of bromelain, an inflammation-reducing enzyme that helps with digestion and prevents bloating. It stops the peptide bradykinin from dilating the blood vessels so less water is distributed into the nearby tissue and your six-pack becomes more visible. Bromelain is also effective in treating bruises, sprains and strains by reducing swelling, tenderness and pain. This powerful anti-inflammatory and analgesic effect can also help relieve osteo- and rheumatoid arthritis symptoms and reduce post-operative swelling. Pineapple promotes protein digestion in the stomach, which also helps process muscle-building protein. Vitamin C is abundant in pineapple and helps to build and repair bodily tissue and promotes wound healing. Vitamin C is also used by the body to metabolise fats and cholesterol, helps with the absorption of iron, amino acid synthesis and collagen synthesis. Collagen is an important part of skin, cartilage and bones.

Photo Credit: Shutterstock.com

Eat spice to combat joint pain

Curcumin is the active ingredient in the spice turmeric, and its anti-inflammatory properties have long been understood. Curcumin is a good choice for athletes seeking better recovery from their training. Supplementing with it may help you recover from or even prevent joint pain in particular those who train and find that their joints are their weakest

links – hips, knees, shoulders, elbows or a combination of joints – as joint weakness is a side effect of intense weight training. A recent study shows that curcumin supports joint health. Researchers studied arthritis sufferers and determined that the group supplementing with curcumin had a significant decrease in pain.

The ultimate oats

When it comes to oats, it pays to slow things down. Quick oats tend to have a higher glycaemic index (GI), which will potentially leave you hungry and heading for the vending machine by mid-morning. While steel-cut oats take longer to cook, they are rich in fibre and protein, and their low GI means they won't cause your blood sugar to spike!

What you've got:

- 1 cup of water
- ¼ cup steep-cut oats
- 1 scoop chocolate protein powder

What to do:

Bring water to the boil. Add your oats and reduce to simmer for 20-25 minutes. Stir in protein powder and serve. **MMH**





TRUE MUSCLE

DAN CLARKSON - TRUE PROTEIN ATHLETE

"I have used a lot of different supplements but none have given me the cutting edge like True Protein. I have no hesitation in using True Protein as I know they are the purest and finest you will find around. I compete in the sport of CrossFit where

the objective in most cases is to move large loads quickly but then go and perform some sort of body weight movement/gymnastics movement in between for reps. Feeling light and clean as well as strong is a necessity and I feel True Protein is giving me all the results I



am chasing. I am enthused to be on board with True Protein as I believe this stuff really works."

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DID YOU KNOW

84%

OF AUSTRALIANS WHO USE SMARTPHONES TAKE THEM WHEREVER THEY GO.

always get the shot

GOPRO HAS UNVEILED HERO4, the highest-performance line of capture devices the company has ever made. GoPro's imaging technology combines with enhanced ease of use and powerful new features such as 4K30, 2.7K50 and 1080p120 video capture (Black) and built-in touch display convenience (Silver), to make it easier than ever to self-capture and share stunning, professional quality content of your adventures.

"A common pain point is deciding between capturing video or photos of an experience," remarked GoPro Founder and CEO, Nicholas Woodman. "Each frame of 4K30 video is similar to an 8.3 megapixel photo. The result is that users can simultaneously capture eye-popping 4K30 video and impressive 8.3 megapixel photo-like video stills at 30 frames

per second when using HERO4 Black. It's one of the many wild capabilities of this impressive new device."

HERO4 Black also features an entirely redesigned audio system that captures high-fidelity sound with twice the dynamic range of previous models. Additional enhancements include improved image quality, low light performance, highlight-moment tagging and an improved user interface that allows for easier discoverability and access to key features and controls. The HERO4 Black is simply the highest performance GoPro yet.

HERO4 is available in two editions, HERO4 Black at AUD\$679 and HERO4 Silver at AUD\$549. Visit www.gopro.com

key shame

As busy blokes, it's not uncommon for us Aussies to suffer in painful silence with key shame – that awful realisation that we carry too many keys (we swear, it's a thing). Introducing the latest and greatest gadget to eliminate key rattling when exercising, the Orbitkey. This simple device transforms clusters of keys into a neat organised stack that protects smartphones, wallets and clothing from unsightly key scratches. **MMH**

RRP \$29.95
www.orbitkey.com



71%

DID YOU KNOW

OF AUSTRALIANS ADMIT TO NEVER TURNING OFF THEIR SMARTPHONE DEVICE.



**A LIFE LIVED...
A LEGACY EARNED**

"THE ONLY REPS YOU DON'T GROW FROM,
ARE THE REPS YOU DON'T DO."

"THE HARDEST THINGS IN LIFE ARE DONE
THE LEAST BUT PROVIDE THE MOST."

"NORMALITY IS WHAT WEAK
PEOPLE CALL LIVING. I CALL IT DEATH."

"ONE HOUR OF PAIN
PRODUCES A LIFETIME OF PRIDE."

B E R E M E M B E R E D

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INTERACTIVE BODY MAP • TRANSFORMATION CALENDAR

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SHOT BY DALLAS OLSEN STUDIOS

REVIEWS



SUPER CLEAN PROTEIN BLEND

Professional Whey's Elite 3.0 Protein Blend is the CLEANEST protein blend you will have ever tried. It consists of an even mix of grass-fed whey, grass-fed casein and free-range egg-white protein powder. Natural sweeteners and organic flavours and a dash of sunflower lecithin are the only additional ingredients added to this super clean blend. Elite 3.0 gives a steady supply of protein, keeping you feeling fuller for longer, making it a protein you can rely on. It's available in natural, organic cacao, organic vanilla, organic cacao mint and organic cinnamon flavours.

RRP: \$38.95 (1kg)

+ bulk discounts available

www.professionalwhey.com.au

Use Code **MMH5** and receive
5% OFF YOUR
FIRST ORDER OF ELITE 3.0
until May 30th 2015

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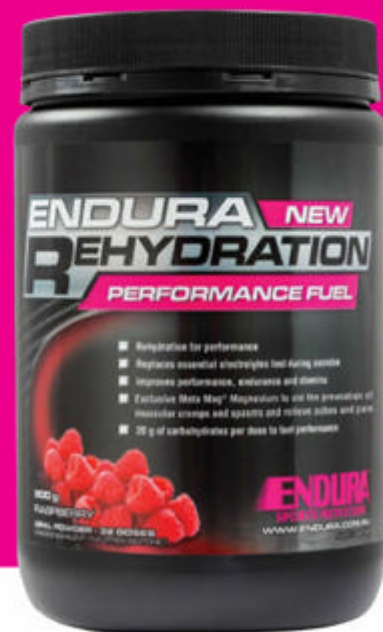
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the hanging leg raise

One of the best exercises for building lower abs and a strong core is the hanging leg raise. This exercise can be relatively difficult if performed correctly. Several muscles are engaged during this exercise, including all the muscles in the midsection and the lats (the upper lateral back muscle connecting to the trunk). There are many important factors to be considered while doing the hanging leg raise exercise. For example, breathing plays a significant role, especially when targeting the core. To ensure a proper contraction, exhalation needs to be done when the legs are being driven up. This breathing method will allow the body to achieve more repetitions. Secondly, the most effective way to benefit from this exercise is to keep the legs together at all times during the repetitions. This technique will add weight to your lower body and create a constant tension in the lower abdomen. Therefore, the exercise will become more difficult and effective. Lastly, it is also necessary to control the movement as much as possible. Refrain from swinging in order to accomplish more repetitions. This common mistake will definitely defeat the entire purpose of the exercise since the core will no longer be isolated. With time, the hanging leg raise exercise will also help develop the lower back strength.

Often, individuals will experience back pain during the repetitions. This pain is ultimately due to a weak core and lack of proper abdominal training. Not only does this exercise help strengthen the core but it contributes to a healthy spine. Discs

in the spine will eventually decompress with time because of the movement in this exercise. The hanging leg raise exercise should not be neglected if you are looking to build a symmetrical six-pack and stronger core.

PERFORM: Two to three times a week along with your regular routine. Do not forget that rest days are important; this exercise should not be performed two days consecutively.

TARGET MUSCLES: Midsection and lats

SET-UP: Really grip the chin-up bar and imagine that you are trying to bend it; this will also kick your lats into action. Hands should be placed at shoulder width or wider. Keep your feet close together as you straighten out your legs.

ACTION: Control your body as you lift your legs to a 90-degree angle. Make sure to exhale on the way up, and inhale on the way down.

SETS & REPS: Try completing at least 3 to 5 sets of the hanging leg raise with repetitions ranging from 10 to 20. Your goal is ultimately to work up to 5 sets and 20 repetitions. **MMH**

Benny Benaroch is a certified personal trainer (YM-YWHA/Ben Weider Certification) and fitness model from Canada. For more on Benny visit www.bennybenaroch.com

TOP TIP:

Taking a small break between repetitions can help reduce swinging. Eventually, your core will be strong enough to eliminate all possible swinging.

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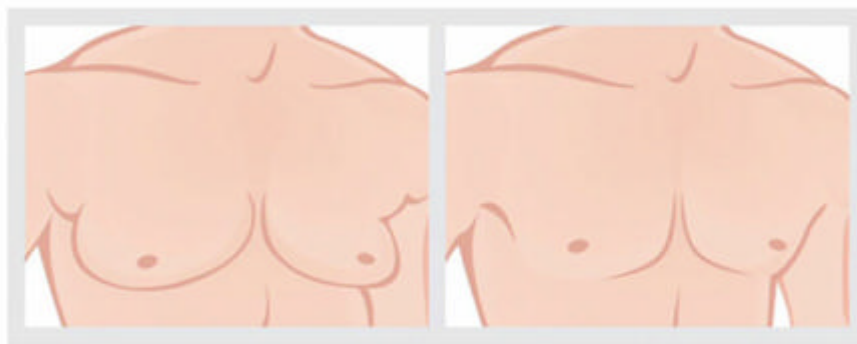
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LET'S TALK ABOUT BREASTS...

Or rather, 'man boobs'. It's a legitimate health condition, but you don't have to live with it. Find out how to get that shirt-off confidence you deserve.

By Dr. Michael Rich



Gynecomastia is a health condition in which there is an enlargement of the male breast, which is also commonly referred to as 'man boobs'.

Gynecomastia occurs in approximately 2/3 of newborn babies and 2/3 of males during adolescence. The gynecomastia in both these instances is generally spontaneously resolved and is not a major health concern except for the potential embarrassment in adolescence. It becomes a more significant issue in adult life, as many males become self-conscious and often find it difficult to bare their chest.

Approximately 20 per cent of males have gynecomastia in adult life. Gynecomastia occurs when there is an alteration between the ratio of androgens (the male hormones) and oestrogens (the female hormone).

Causes of gynecomastia can include genetics, and underlying illnesses such as obesity, hormonal abnormalities, cancer, and liver/kidney disease. The use of some drugs, alcohol and anabolic steroids can also lead to this condition.

Gynecomastia is not considered a dangerous condition, but males with enlarged breasts should have tests conducted regularly to ensure that there is no underlying male breast cancer. There

are several health reasons for treating this condition, but the main reason is generally psychological. Some males find this condition so embarrassing that they are unable to develop meaningful and intimate relationships.

There are various procedures available that can reduce this condition including chemical procedures, surgery and liposuction.

Procedures that use chemicals to dissolve the fat are often found to be extremely painful and unfortunately do not have very high success rates. Surgery can certainly treat the problem, but it also has the risk of leaving unsightly scars. Many males at my practice who undergo surgery for the condition have then found the residual scars more debilitating than the original problem. I perform liposuction for this procedure as I personally think it is by far the best and most effective treatment.

The male breast is made up of fibrous tissue and glandular structures as well as fat. Today, with new equipment, liposuction can be used to remove the tissue, utilising only two tiny holes, which in nearly all cases totally disappear. Most patients can go to work the next day. They are sore and slightly uncomfortable, but they can function normally. **MMH**



Dr Michael Rich

is one of Australia's leading experts in cosmetic dermatology and cosmetic surgery. Dr Rich has founded the state-of-the-art enRich clinic in Melbourne, also consulting to clinics and hospitals throughout Australia. For more information on gynecomastia and treatments please visit www.mrich.com.au



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TRAIN TOGETHER, STAY TOGETHER

It turns out that training with your significant other does much more than strengthen your muscles; it helps create a deeper intimacy in the relationship. Before you go running for the hills after seeing the word 'intimacy' consider this: according to a study at the University of Utah, going to the gym with your girlfriend can also help you reach your fitness goals sooner. Results in the gym and in your relationship? Winning! **MMH**

Photo Credit: Shutterstock.com



A PURE PUMP

Build boulder biceps faster than ever with supersets and a focus on the brachialis muscle.

Demonstrated by Jeff Leech | Images Dallas Olsen



TURNING YOUR BICEPS INTO PERFECTLY FORMED PEAKS SHOULD BE AN IMPORTANT GOAL FOR ALL GUYS WHO HIT THE GYM REGULARLY.

Nothing says ‘this guy lifts’ more than two boulder biceps busting out of your sleeves, but height isn’t the only factor. If you’re struggling to get that width you’re chasing you might need to start taking the brachialis into consideration. The brachialis is a rope-like knot of muscle found on the side of your

biceps that provides support to the muscle and gives your upper arms their shape.

To test how your brachialis works, try this: with a relaxed hand, bend your arm into a fully contracted position. Now, if you clench your fist and squeeze your forearm you should feel the brachialis harden. Next, flex your fist back so your palm faces towards the ceiling, here you will feel the contraction move from your brachialis towards the peak of your biceps. With this in mind, you should be performing your curls with a clenched fist and forearm (‘hammer grip’) if looking to increase girth.

To optimise stress placed on the brachialis, ensure that flexion doesn’t begin in the biceps as it normally would with other arm-day training regimes. For this workout, the weight should be ‘pushed’ upward through the fist, forearm, biceps complex; squeezing each muscle as you go. Apply as much power as you can – but don’t “pump it”. Instead, you want to get that pure pump from controlled, heavy lifts. Keep this routine up and the width of your biceps will soon catch up to the peak, giving you two man-sized biceps you can be proud of.

SEQUENCE	TARGET MUSCLES	SETS, REPS & REST
SUPERSET 1: Standing EZ-Bar Curl superset with standing reverse-grip EZ-Bar Curl (no rest).	EZ-bar curls increase thickness in the forearm, outside arm and outer biceps head. Reverse grip will also attack the forearm and outside arm.	4 sets of 7-8 reps (to failure) with a 60-second rest between supersets.
SUPERSET 2: Perform the Cross-body Hammer Curls followed by Seated Single-Arm Hammer Curls (no rest).	Cross-body Hammer Curls increase thickness in the forearm, outside arm and outer biceps head and parallel hammer curls broaden both biceps heads.	4 sets of 7-8 reps (to failure) with a 60-second rest between supersets.
TRI-SET: Parallel hammer curls, 45-degree hammer curls and finishing with parallel supinated curls (no rest).	Parallel and 45-degree curls increase thickness in the upper and outer biceps head, while supinated grip will broaden the biceps heads.	4 sets of 7 reps in each position (21 in total) non-stop with a 60-second rest between tri-sets.



SUPERSET 1

Standing EZ-Bar Curl

SET-UP: Take an underhand grip on the EZ-bar. With your feet hip to shoulder-width apart, chest up and eyes focused forward, hold the bar in front of your thighs. Your hands, wrists and forearms should be locked in alignment.

ACTION: Keeping a tight grip on the bar, curl close to your body toward your chest. Get a hard peak contraction at the top of the movement and resist it as you lower back to starting position. Maintain wrist tightness throughout and minimise swing.

Standing reverse-grip EZ-Bar Curl

SET-UP: [A] Take an overhand grip on the EZ-bar. Your elbows should be down against your sides and your hands, wrists and forearms should be locked in alignment.

ACTION: [B] Keeping a tight grip on the bar, curl close to your body toward your chest. Get a hard peak contraction at the top of the movement and resist it as you lower back to starting position. Try not to leverage backwards.

SUPERSET 2

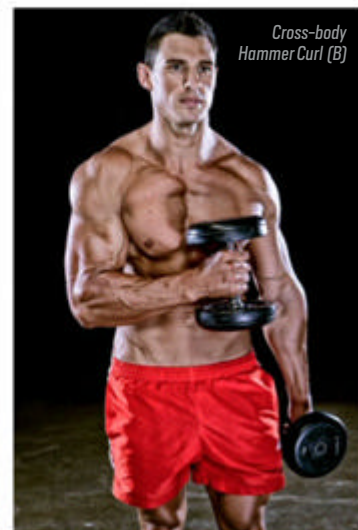
Cross-body Hammer Curl

SET-UP: Standing tall, keep your chest up and your elbow pressed against your side. Take a dumbbell with a hammer grip. Palms should be facing your body and your hands, wrists and forearms should be locked in alignment. **[A]**

ACTION: With your elbow still braced against your rib cage, tighten your grip as you curl across your chest. Get a hard peak contraction at the top of the movement and resist it as you lower diagonally back to starting position. Alternate arms and avoid twisting your wrists or arching backwards. **[B]**



Cross-body Hammer Curl (A)



Cross-body Hammer Curl (B)

Seated Single Arm Hammer Curls

SET-UP: On a seated incline bench, take a pair of dumbbells in each hand, ensuring your wrists and forearms are locked in alignment. Arms should be hanging down by your sides. **[A]**

ACTION: Without flaring your elbow, tighten your grip as you curl upwards, alternating arms for each rep. Get a hard peak contraction at the top of the movement and resist it as you lower back to starting position. **[B]**



Seated Single Arm Hammer Curls (A)



Seated Single Arm Hammer Curls (B)

TRI-SET

21s (not pictured)

SET-UP: On a seated incline bench, take a pair of dumbbells in each hand, ensuring your wrists and forearms are locked in alignment. Palms should be facing each other and arms should be hanging down by your sides.

ACTION: Curl both arms together for seven reps of hammer curls, keeping them close to your body. Then perform another seven reps with your forearms angled 45 degrees away from your body. Lastly, rotate your wrists so your palms are facing upwards (supinated) and perform seven curls parallel to your body. Perform all 21 reps non-stop without swinging the dumbbells or losing tightness in your arms.

TIP: Don't go too heavy. You want to be able to perform all 21 reps straight through, so choose a weight that will allow you to complete the tri-set. Resting will defeat the purpose of the exercises.





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WHEN SUCCESS COMES KNOCKING

Make sure you're dressed for the occasion.

Whether you want to get the job, get the girl or just get noticed, we expose the secrets to 'power dressing' to achieve success.

WORDS Craig Lawson

Let's face it, when it comes to creating success in your business and personal life, appearance is one of your key marketing tools. If you want to exude power, authority and control, then choosing the right attire can go a long way. Use these key trend tips to keep you at the top of your game and make those first impressions count.

SUIT UP

The suit is every business man's armour for success. Tailoring is king and will help you look sharp, so take the time to find a suit that fits correctly, don't just buy it because you like it! Get to know your local tailor who can adjust your suit accordingly as you gain muscle or lean up depending on your workout schedule. The 'skinny' look is taking a back seat and a more relaxed fit is in. The double-breasted suit is also making a comeback. Blue is the classic colour to wear so find the best shade that works with your skin tone. Worn with confidence, metallic colours are great for weekend events and deliver a bold personalised look. Clever detail like leather trim on the lapel and pockets adds a slick modern touch. The shirt plays second best to the suit but is still important, a check

■ For a classic professional look, patterned blue ties are the safest option, but opt for a metallic red when looking to portray strength and passion.

Create a sense of control with dark, conservative suits in navy or black, or take a friendlier approach by wearing tans or medium greys.



images supplied by: peterjackson.com



White Stripe Over Navy Shirt
RRP: \$120 peterjacksons.com



Black and Grey Multi Check Tie
RRP \$49 peterjacksons.com



Gold Cufflinks, VC1-GO
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Black Portuguese Leather Dress Shoe
RRP \$149 peterjacksons.com

print is eye-catching or keep it simple in a plain crisp white shirt and let the suit be the star. Whichever shirt you choose, make sure it is ironed well as this portrays attention to detail.

MMH RECOMMENDS: Peter Jackson, Bell & Barnett, yd

THE DEVIL'S IN THE DETAILS

Anyone can wear a suit but it's the details that showcase your individual sense of style. The pocket square shows flair so be bold and choose colour or keep it sleek and opt for a different shade from the suit. It's handy to have a collection of belts on stand-by in the key colours of black and tan. Try to leave the cowboy buckles alone and choose edgy metal buckles or woven leather for a masculine look. Ties and bow ties can add an extra punch, but while loud prints can be fun, keep it sophisticated with plain or metallic fabrics when going for that job interview. Shoes are the final piece to polishing off any outfit so choose a classic look that doesn't date - just make sure they are clean and polished before any big event or meeting.

MMH RECOMMENDS: his handsome self (bow ties), Orotan (belts), Bared Footwear, Brogues (shoes), Seiko (watches)

WHAT'S ON TOP

Firstly, find a hairdresser that delivers a hair style each time that suits you! Make sure they understand your lifestyle and have them demonstrate the key styling aspects so you can replicate it at home. How many times have we tried to style the new look but given up and went back to our old ways? It's nice to have a daytime office haircut but then a style that can rev up your look for that hot date or a wild Saturday night out on the town.

When it comes to facial hair anything goes these days and the rise of the Hipster trend has seen a resurgence of beards into popular culture. Just be sure to keep a good trimmer set on hand to tidy the loose flyaway hairs.

MMH RECOMMENDS: Toni & Guy (hair salon), American Crew (products)

MIX IT UP

Incorporate the "dress for success" attitude into your everyday life by wearing your suit as separate pieces and mixing with your existing wardrobe. When heading out with friends, team a blazer with denim and dress shoes for a standout style. Dress up shorts with a plain white tee under a blazer then add a silver chain for extra charm. Vests are a versatile way to lift your relaxed daytime style, just pop one over a printed tee and team with shorts or denim for a stylish vibe. No socks with dress shoes is

also a very modern trend, just make sure the people around you aren't suffering in the process.

MMH RECOMMENDS: Politx, Nudie Jeans, Arthur Galan AG

Remember the most important key to dressing for success is confidence: always own the look and rock the clothes you're wearing! **MMH**

Craig Lawson's work has featured in top international magazines, websites and broadsheets as he keeps his finger firmly on the pulse of trends around the world. He runs riot online under the alias Mr Fashion Man at www.craiglawson.net

■ A good 'do is priceless. Think *Mad Men*, *Boardwalk Empire* and the *Great Gatsby* for inspiration.



■ Jeans worn with a blazer exudes a cool confident vibe, perfect for winning her over on a first date.

■ A well-made casual Derby, perfect for everyday wear. Team with jeans on the weekend or slacks for a night out with friends.



Carbon shoe, Tan
RRP: \$299 bared.com.au

Brown Portuguese Leather Carry Bag
RRP: \$299 peterjacksons.com





The Wrist

Wrist injuries make up approximately a quarter of all general sports injuries.¹ The high prevalence of wrist injuries relates to the requirement of wrist involvement in most sporting activities, for example, holding a barbell during bench press, hanging from a chin-up bar and, holding a tennis racquet. All these activities and many more use the wrist as a means of performing a particular action.

By Dr. Matthew Davidson B.Sc., M.Chiro. Director, Hope Island Chiropractic Centre Certified Active Release Technique Provider Member, Chiropractic Association of Australia Member, Sports Chiropractic Australia



Photo credit shutterstock.com

Anatomy and basic biomechanics

The wrist comprises eight carpal bones and their corresponding joints with one another, as well as the distal radius and ulna bones of the forearm, and metacarpals. The wrist can move in a number of directions due to the orientation of these eight bones. These bones collectively are the hamate, scaphoid, triquetrum, trapezoid, trapezium, lunate, pisiform and the capitate.² These bones are arranged in rows proximal and distal (distal meaning further toward the fingers). The proximal row, closest to the elbow, is made up of the scaphoid, lunate, triquetrum and pisiform. Each of the carpal bones has a ligamentous attachment to the adjacent bone within its row. All outside wrist ligaments are thickenings of the joint capsule, which emphasises the complexity of providing stability while at the same time allowing free movement of the wrist.²

Strengthening

The wrist can be strengthened in a number of ways, from using weights, isometric exercises to therabands. Your standard wrist curls with the palm up and palm down are the most popular exercises. These can be done with a barbell or dumbbell. Also, squeezing a tennis ball or squeezing hand grips are another way to strengthen the wrists - with high reps being the key. Radial deviation is another oft-forgotten option for strengthening the wrist. Begin this exercise with a resistance band around your fingers, your thumb facing up, or using a hammer or one-sided dumbbell with the thumb-side up. Your elbow should be at your side and bent to 90 degrees, your forearm supported by your other hand. Slowly curl your wrist up against the resistance band, dumbbell or hammer, tightening your forearm muscles. Perform three sets of 10 repetitions as far as possible and comfortable without pain.

WHAT CAN GO WRONG?

Triangular Fibrocartilage Injury:

Falling on an outstretched hand or a compression injury to the wrist from a heavy bench press can cause damage to the fibrocartilage structure at the distal ulna. The person complains of pain on the ulna side of the wrist. The triangular fibrocartilage or TFC is injured through traumatic avulsions or degeneration.

The diagnosis of a TFC tear is usually by arthrogram or an MRI. Management is initially by immobilisation of the wrist in a neutral position for 4-6 weeks. Failure to resolve requires arthroscopic or full open surgery with recovery anywhere from six to 18 months.³

DeQuervains Tenosynovitis:

DeQuervains Tenosynovitis is a condition that affects the abductor pollicis longus and the extensor pollicis brevis muscles. It is usually caused by repetitive microtrauma. The person usually presents with radial-sided wrist pain, with a history of repetitive gripping with ulnar deviation of the hand and wrist or continuous use of the thumb.

Treatment usually involves non-steroidal anti-inflammatories, ice and rest from the inciting activity. Graston technique and Active Release Techniques® are usually successful at treating this condition. Failure of conservative treatment after four weeks requires immobilisation with a brace for a further three weeks.³

Intersection syndrome:

A syndrome that can affect weightlifters, tennis players and office workers is intersection syndrome. The person usually complains of pain and "clicking" about four centimetres above the back of the wrist more toward the radius bone. The patient is usually an athlete who has a history of repetitive flexion and extension movements of the wrist associated with their sport. ▶

Again, treatment usually involves non-steroidal anti-inflammatories, ice and rest from the inciting activity. Graston technique and Active Release Techniques® are usually successful at treating this condition. If conservative management is unsuccessful, bracing for 2 -3 weeks may be necessary to enforce a rest period.³

Carpal Tunnel Syndrome:

Carpal tunnel syndrome affects a large range of individuals, from mechanics, office workers, and generally people who work with their hands. Repetitive prolonged flexion and extension at the wrist is a common cause. Other causes include pregnancy (water retention), rheumatoid arthritis, ganglions, fractures and dislocations. By far the most common is the use of a computer and computer mouse for extended periods of time.^{3,4}

The patient usually presents with a history of numbness and tingling in the thumb, index finger, middle finger and half of the ring finger. This may either be intermittent, or constant depending on severity and can be diagnostically present at night when the person is trying to sleep.^{3,4}

In later stages, if severity increases, weakness can occur and is noted by the person becoming clumsy with items such as putting a key in a door, or opening jars and using tools.

Conservative treatment may include physiotherapy, chiropractic manipulation/mobilisation of the joint,

Active Release Techniques®, ultrasound, the use of vitamin B6, and splinting. Tendon gliding exercises may also be given by the practitioner. Failure of conservative management includes orthopaedic surgery where they cut the transverse carpal ligament, reducing pressure on the median nerve as it pierces the carpal tunnel.^{3,4}

Tunnel of Guyon:

Most people are familiar with the term carpal tunnel but rarely have people heard of the tunnel of Guyon. The tunnel is formed by the groove between the pisiform bone and the hook that is present on the hamate bone. The patient presents to their health care provider with numbness and tingling in their fourth and fifth fingers. This is a common compression injury in cyclists, and ironman distance triathletes due to compression on handle bars or tri bars.³

Treatment usually involves modification of activity, using some form of padding to reduce pressure on the area. Active Release Techniques® tunnel of Guyon protocols are usually successful at treating this condition. If a neural deficit occurs at the ulnar nerve (signs of ulnar nerve damage) referral to a specialist is usually necessary. This can be either an orthopaedic or a neurosurgeon.

Kienbock's disease:

Kienbock's disease affects the lunate bone of the wrist. It occurs due to repetitive microtrauma or from a stress fracture to the bone. What generally happens is there



is compromise of the blood supply to the lunate bone and the bone begins to die. This is called avascular necrosis.³

The patient usually complains of stiffness and pain at the wrist with no history of trauma.

Treatment of this condition usually requires cast mobilisation for 8-10 weeks to help re-establish the blood supply. When this fails, surgery with an orthopaedic specialist to decompress the area is essential to prevent collapse.

Scaphoid Fracture:

The scaphoid bone can be fractured by a fall on an outstretched hand. This can occur commonly during snow skiing or snowboarding,

and particularly in older individuals more prone to falls. The patient will present with a pain around the base of the thumb usually in an acute situation where it has just occurred or up to 3 months later. Due to the vascular blood supply only coming into the bone at one end, this bone has a 20% risk of not healing with a consequence of avascular necrosis or bone death due to lack of blood supply.³

Treatment of this fracture is an immobilisation cast that includes the wrist and thumb, provided the fracture is not displaced (misaligned). This process is an 8-12 week process and failure to heal requires intervention from an orthopaedic specialist. **MMH**

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WORDS Geoff Edwards

DO YOU FEEL THAT YOU ARE AT A CROSSROAD IN YOUR LIFE?

Have you hit a plateau in your career, a relationship or your health and fitness achievements? Does it feel like no matter which way you turn, move forward, or try new approaches, you receive a “wrong way go back” sign? Then it’s time to ‘level up’ your life by

uncovering your true power. When you discover your true power, new horizons and perspectives open up to you and the right people, places and circumstances just come to you. The following recommendations have been based on successful client experiences and will propel you to new horizons... all you need to do is listen, learn and implement!





CREATE A 'SUCCESS MINDSET'

Some of the great classics of our time have emphasised the importance of using the power of our mind to create success, for example Napoleon Hill in "Think and Grow Rich." The problem with so many of us is that it's easy to fall into a negative thinking pattern. We start thinking "negative scripts" like:

- It's all too hard.
- This is a nightmare.
- It's not fair.

In fact we need to do the opposite. We need to fill our minds with positive scripts like:

- This will be a challenge.
- I am excited about the future.
- I can make changes.
- Change will be interesting and fun for me.
- I can do this.

Be proactive about your business, your job and your

lifestyle. Start to dream about what you want to do and where you want to be. Imagine what it will be like to achieve a particular goal. Imagine the vision. Speak it out loud. Tell your closest friends. Voice and refine the vision. Talk about this and related ideas with others. If your vision is to branch out, then talk about the skills you might need for it. When you have an idea, ask people what they think about it. You will get very clear about what you want and you will develop a group of positive scripts to help you make it happen. Your enthusiasm becomes contagious. Keeping the ideas inside you keeps them from becoming fully formed. Be brave and voice your ideas to someone who might be critical. Be persistent – that's what makes us successful. Persevere to achieve success.

GET FOCUSED

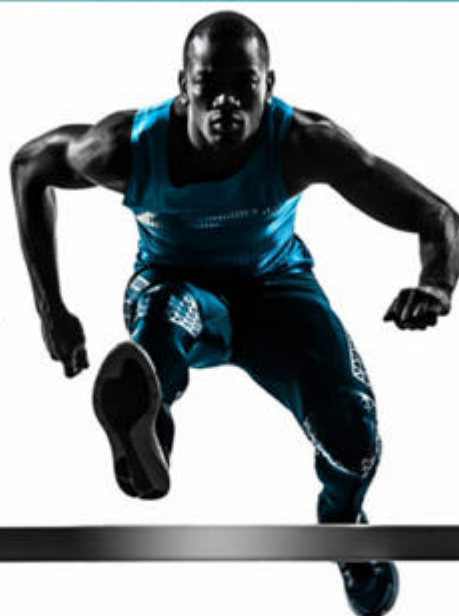
Success with your new approach is based on being clear on what you want to achieve and taking action. Choose a day at the end of the week (preferably Saturday or Sunday) and plan the week ahead with the following steps:

- ☐ Look at your goals for the week, taking note of short-term and long-term goals in your life
- ☐ Decide on things that must happen this week and when they should happen
- ☐ Schedule times into a time management system
- ☐ Choose what are you going to do right now

An important part of this new approach is to also monitor and reward your achievements regularly. Overall, this will result in seeing things more clearly, doing things differently, creating a personal success strategy and developing a renewed identity. By creating time for success with a renewed focus, you will note success through small steps and your momentum and motivation will build progressively.

TURN OBSTACLES INTO OPPORTUNITY

Many people face obstacles in life and while this can be very frustrating, obstacles can provide valuable insights about the choices you have made. Our natural instinct is to bypass obstacles, using our influence or wealth, or simply turn around and go on a different path. We may even give up the path altogether, seeing the obstacles as insurmountable. Then we can find ourselves criticising life, circumstances, or other people who make our lives difficult. However, for people who commit and use dedication to conquer these obstacles, the rewards will be great. Not only will the path be clear for you, you will also become far richer (whether spiritually, mentally or financially) by having the tenacity to overcome hurdles in your path. ▶



MAXIMISE YOUR PERFORMANCE

We are all elite performers, with amazing potential and the capacity to create change in our lives and in the lives of others. It is essential to manage your energy, what you consume and how we look after our bodies. Keeping track of all of this and noticing patterns

and results will give you the success that you deserve. So, take note of your energy levels and how they vary throughout the day and how you can increase your energy through better rest, fluid intake, supplementation etc. Your food intake should be based on

having a well-rounded approach that stimulates metabolism, reduces fat and builds muscle. Exercising should be fun, have variety and have a planned approach to success.

ASK THE RIGHT QUESTIONS

When you start on your journey to success with your new approach, life sometimes has the uncanny knack of throwing problems at you - inside all of us, however, are the answers to all of the problems that arise! One of our biggest challenges on a journey to success is that internally we ask ourselves consistently disempowering questions. The wrong questions will give us the wrong answers and therefore we often won't find a solution to our problems, leaving us to get upset and stressed easily. Brilliant questions bring about new and empowering decisions which will instantly change your life's path and assist you in living your life to the full and definitely with more ease and with less effort. Try these questions to help you meet challenges:

- What could you do differently?
- What advice would you give to a friend in this situation?
- What would you gain/lose by doing that?
- If you knew the answer, what would it be?
- How can we benefit from this opportunity?

By deciding to step up and meet any challenge, you will be amazed - with adversity, growth comes and you will be rewarded. It is important for you to have a strategy that will provide a support mechanism during these times of challenge. A support approach could include creating an environment for success i.e. a buddy or a coach.

Overall, what I have discovered in working with individuals is that by looking at all aspects of their lives, success can be created in an exciting new way. I welcome any feedback on

my articles, or suggestions for future topics. In addition, if you would like to share any successes that you feel excited about, please let me know. **MMH**

Geoff Edwards is an internationally accredited Life Coach with over 25 years of coaching experience who can support you on your journey to success with results that last. He can be contacted via geoffedwards@bigpond.com or through his website www.geoffedwards.net

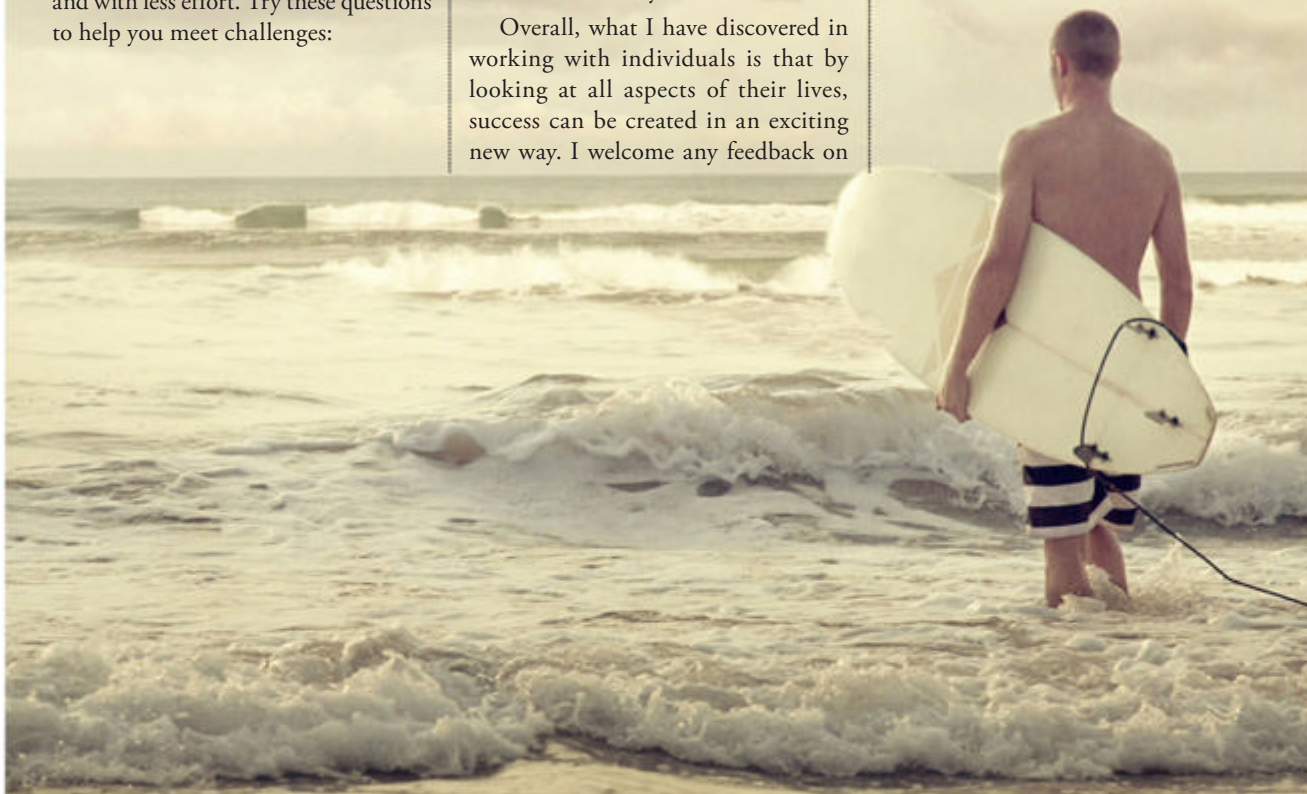


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DAVID POCOCK

Wallabies and ACT Brumbies Openside Flanker

"The supplement industry is a bit of a minefield as it's hard to get past all the hype and marketing and find what works without all the unnecessary ingredients that are in many products. Over the years I've become more concerned about what I am putting into my body and have looked high and low for a brand that provides genuinely healthy, ethical and effective supplements.

Professional Whey offers exactly that – an Australian owned and run sports nutrition company with products that stand out from the crowd. Professional Whey is deeply concerned about the quality of ingredients that they are using and where they are sourced. Professional Whey helps me achieve my rugby goals without compromising my health or my values of clean, wholesome nutrition. Their whole business ethos reflects that. Their products support a range of goals and are a sports nutrition brand that genuinely cares about the health of its customers."

Professional Whey is proud to be Australia's cleanest, most ethical and socially responsible sports nutrition brand that bridges the gap between sports nutrition and wholefoods.



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the female



explained

Our resident psychologists demystify the four most confusing phrases women say in a relationship...

WORDS Kate Swann and Kristina Mamrot | Psychologists and Authors | pscounselling.com.au



I was reviewing the first article I'd written for *MMH* – The Male Explained. Funny, I thought. Why do men need to have males explained to them by a psychologist?

When I'm working with male clients in my counselling practice, they rarely struggle with understanding the motivations and forces that drive the other males in their lives. Fathers, mates, brothers, male partners are all explored

and understood relatively easily. Complex male bosses who are giving grief can cause us to linger for several sessions, but that's more around unrealistic expectations than mystery about the male psyche.

It's the women in my male clients' lives who send them into therapy in a last-ditch attempt to make sense of the female mind, and for essential survival tactics.

Here's a few of the issues I see regularly and work on with

my male clients to help them navigate the often stormy waters of their relationships with the women in their lives. For the sake of simplicity, I'll only talk about romantic relationships. But if you want to expand your thinking around what makes women tick, think about your parents' relationship and how these issues apply to them. ▶

1 “YOU DON’T UNDERSTAND ME”

Has the woman in your life ever complained that you don’t understand her, that you’re not listening to what she says?

Problems with understanding crop up when women expect their men to behave like their mums or best friends. No allowance is made for the fact that you’re a guy, and not a girl, and this stuff often doesn’t come naturally for guys.

In evolutionary terms, men are the hunters and protectors. They problem solve quickly and efficiently, then use brute force to sort everything out. Sabretooth tiger threatening the cave? Fight the beast, chop him into pieces, and cook him up for dinner. The women and children are hungry and cold? Track down a herd of something swift and graceful, catch as many as you can, skin them for warm clothing, and eat the leftovers. Problem solved.

But today’s women want something more. And what that something is – well, that’s a mystery (even to them).

What your girl is demanding is that not only do you provide for her and keep her warm, fed, and safe, but that you also turn into a chick yourself at the drop of a hat and do all the soft nurturing stuff. Yes, it’s unfair – no one’s denying that. But here’s what she means when she complains that you’re not listening.

She’s NOT asking you to swiftly and accurately assess the situation and come up with the best solution. She’s asking you to shut up and LISTEN. All you’re required to do is pay attention to what she’s saying, let her know you’re listening and that you’ve understood. Then give her a hug.

And here’s the really important part: ask her again the next day how she’s feeling about it. Listen all over again, then give her another hug.

No problem solving. Don’t even think about going there. That’s the part that gets you into trouble over and over again. We’ll move on, because it will become clearer as we go. Trust me.

2 “I JUST NEED TO CRY”

In fact, believe it or not, it’s healthy for women (and men, but we won’t go there) to express their emotions by crying. When your girl’s crying, it doesn’t mean that you’ve failed in your eternal quest to make her happy. It just means that she’s upset. And there’s nothing wrong with it.

I often talk this perplexing issue over with men who somehow think it’s their role to prevent their woman from crying, or to fix everything so she never has to cry again. Don’t be frightened of her tears.

Tears and sadness are just emotions like happiness and contentment. You wouldn’t try and stop her feeling

happy, would you? So there’s no need to stop her feeling sad either. As humans we have an extraordinary range of emotions, and it’s important to be able to feel and express the full range.

So let her cry. Hold her, listen, and don’t make the mistake of sliding into problem-solving mode.

I guarantee she’ll feel better after a good cry, especially if you’re right there with her. As soon as you start to problem solve, she’ll feel like she’s lost you, you’re trying to move her on before she’s ready, and you’ll cycle back to, “you don’t understand me.”



3 “WHY DON’T YOU SURPRISE ME”

Let’s face it, by and large, women expect their men to be mind-readers. And it’s just not fair. When I point this out to women, they may argue with me a bit, but they usually end up shame-faced. Women need to explain clearly what they want from their man, and then stick to it. No out-of-left-field changing their minds.

Now if you don’t like the thought of sending your woman in to me for that conversation, you can do it yourself. We’ll use a typical

scenario – but you can substitute it for any of the recurring issues that crop up. You know the ones I mean.

Here’s how you set it up:

“Honey, I love you.

But I get really confused about what you need from me when it’s your birthday and you say ‘surprise me’ but you get mad because I didn’t get it right.

When this happens I get really upset and confused because I don’t know what you

want me to do, and everything I try seems to be wrong.

What I need you to do is to give me clear instructions about what you want – ‘surprise me’ clearly isn’t working. You could say something like, ‘I want a bunch of those red roses I love from the florist down the road, a bottle of my favourite perfume (with name of perfume supplied), and a booking at that new restaurant we want to try’.

Please take the guesswork out of it for me, and let’s get this right. You’re the most important woman in the world to me, and I want to show you how much I love you.”

Remember to keep the top and tail “I love you” in, and don’t skip over the mushy feeling stuff in the middle. That’s speaking her language, and without it she won’t understand the importance of getting it right.



4 “DOES MY BUM LOOK BIG IN THIS?”

Does a little bit of you die when she asks this question? It should, because you’ve just been set up for failure. I’m not even going to start to explain why she asks this – that’s a whole article just in itself. I’m just going to tell you how to survive it.

If you say ‘yes’, you’re a heartless bastard. If you say ‘no, of course not’, she doesn’t believe you. Yep, you’ve just been set up, and she can have a hissy fit, try on everything in her wardrobe, throw everything all on the floor, and be miserable all night.

Here’s the **ONLY** answer to the question that fills all men with dread:

“Darling, I love you, and your bum always looks beautiful to me.”

That’s it guys. Nothing more, nothing less. DO NOT get trapped into a debate about the bum. Just keep repeating this line, and make yourself scarce. If it does reduce into the dreaded tantrum, give her some space until she’s sobbing quietly, and then swing into listening-without-problem-solving mode.

Good luck! MMH



Pre-workouts: Essential or a fad?

By Jon Davie

FOR THE PAST FEW YEARS SUPPLEMENT COMPANIES AROUND THE WORLD HAVE BEEN REAPING THE REWARDS FROM ONE OF THE BIGGEST PRODUCTS TO HIT THE SUPPLEMENT MARKET SINCE PROTEIN POWDERS: THE PRE-WORKOUT. Pre-workouts are fast becoming one of the largest-selling products in the industry, surpassing products like creatine and even coming close to the total sales of thermogenics.

I have spoken with many of the larger supplement store chains in Australia and all of them reported a boom in pre-workout sales since 'No Explode' found its way onto Australian shelves a few years ago. So are pre-workouts

all they are hyped up to be? Are they just an 'add on' to your supplement list or an essential supplement to take to maximise your workout?

I firmly believe anything that gives you a boost, helps you train harder, lift heavy and intensify your workout is an extremely important and powerful tool to have in your arsenal. There are many people out there who debate the ingredients, their safety and whether there is a performance benefit, especially products containing DMAA and similar stimulants. However, let's say that in the perfect world we created a perfect pre-workout. All the ingredients in this pre-workout were safe, and that product switched you on, got you hyped and

made you power through your session at a higher rate than you usually would. If that was the case we would say that is was an essential product if you were serious about maximising each and every session, right? Now, we all know athletes push the boundaries when it comes to getting the edge and in most cases use products, supplements based on theory, or even a hunch. In many cases it takes science years to catch up with research and studies to legitimise the benefits of that supplement. Athletes want what's cutting edge now; they're not going to sit around watching others trial products waiting for the research to catch up.

I think we do have an issue with all stimulatory products:

sucking down five coffees or four Red Bulls a day is not doing you any favours health-wise. Nor will throwing down a couple of pre-workouts through the day for a pick-me-up. Educate yourself about some of the ingredients and whether they will be of benefit to you during your workout. Ingredients such as DMAA will come and go, that is the nature of the supplement industry: always trying to come up with the next best thing. I am sure there is a new ingredient being worked on right now that we will see hitting the shelves soon. That is evolution. **MMH**

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CHASING HYPERTROPHY GAINS

If you adhere to a strength program and are looking to increase muscle mass, then understanding the latest research for hypertrophy development is crucial to your gains.

WORDS Stent Card (Masters in Physiotherapy)

It's well known that strength training and maintaining strength is one of the best things you can do for your current health and future wellbeing. Whether you are performing rehabilitation work post-injury; an athlete wanting to improve performance; a police officer requiring the ability to control confrontations; or an elderly person wanting to maintain independence and quality of life: strength training will benefit you.

If you adhere to a strength program, muscle hypertrophy (muscle growth) will occur. Hypertrophy is linked to strength. As muscle cross-sectional area increases (what occurs during muscle hypertrophy) so does strength. Increased muscle mass is a primary goal for many. Therefore understanding the latest research for hypertrophy development can help clinicians, personal trainers, strength coaches, athletes, and gym-goers.

DEFINITIONS

Training or physical fitness training:

a thought-out, planned and structured program of regular physical exercise. It is normally performed to improve one or numerous components of your physical fitness such as cardiorespiratory fitness, body composition, muscle strength and endurance, and flexibility.

Strength:

the ability of a muscle or group of muscles to exert or resist a desired external force.

Strength training:

a structured program leading to an increased ability to exert and/or resist force via a systematic program of exercises.

Volume:

can be classified numerous ways. My favourite is by multiplying sets by reps by weight lifted.

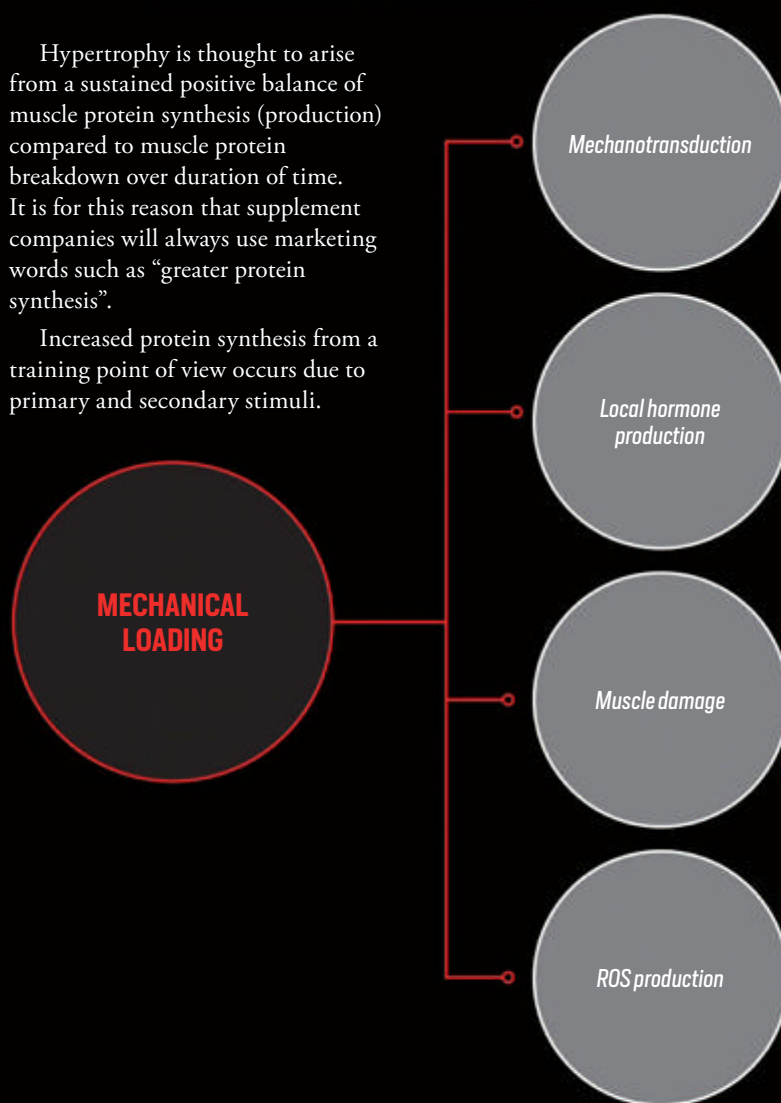
Hypertrophy:

an increase in muscular size.

How Does Hypertrophy Occur?

Hypertrophy is thought to arise from a sustained positive balance of muscle protein synthesis (production) compared to muscle protein breakdown over duration of time. It is for this reason that supplement companies will always use marketing words such as “greater protein synthesis”.

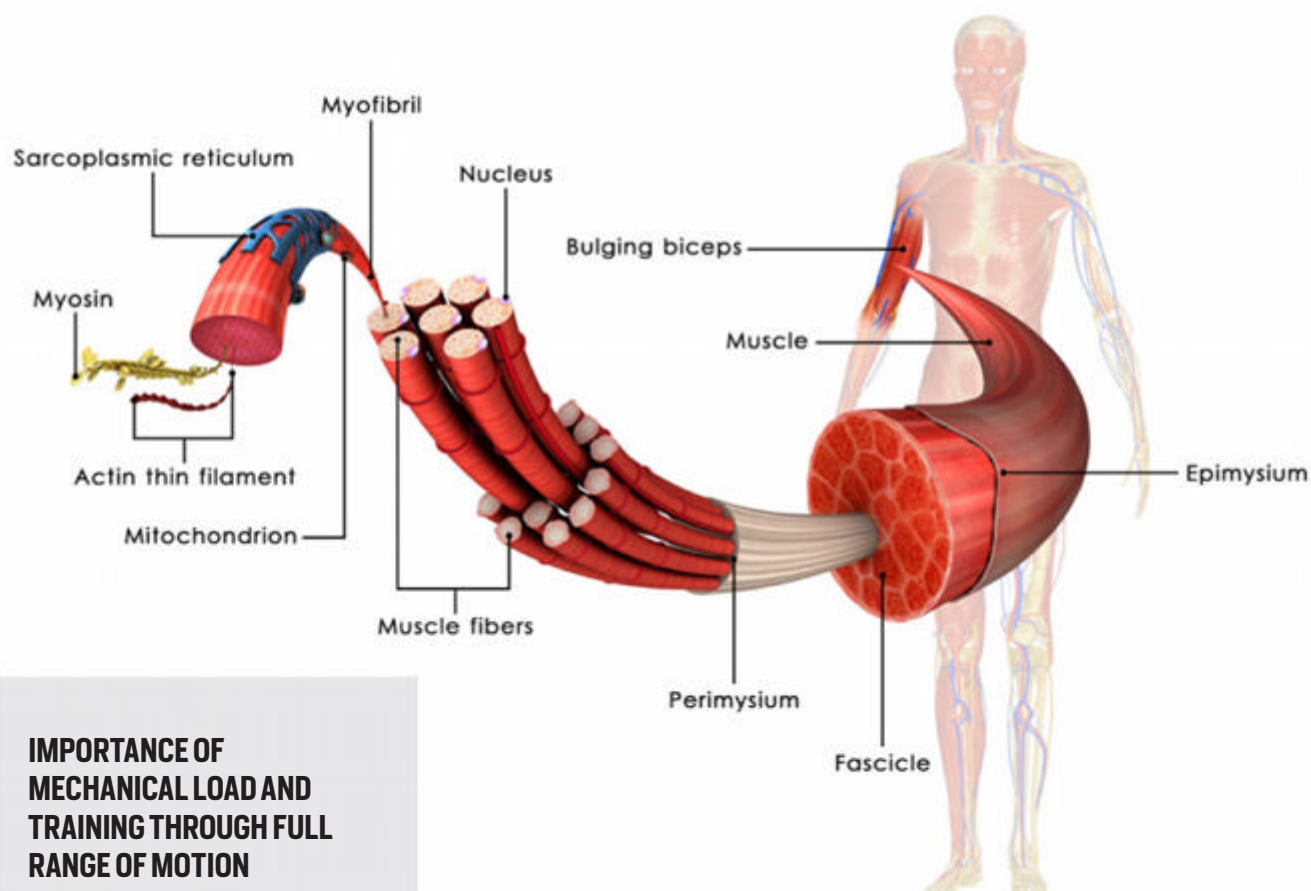
Increased protein synthesis from a training point of view occurs due to primary and secondary stimuli.



As you can see in the diagram, mechanical stress/loading is the primary factor in causing a flow-on of events which initiates hypertrophy. It is for this reason that training with progressive overload is so valuable for an optimal training program. The weight you lift causes muscles to develop a force. This force is developed by a neural signal activating your muscle fibres. Larger neural signals correlate to a greater number of muscle fibres being recruited. If more muscle fibres are recruited then the stronger you will be at that time. Trained natural athletes are not going to see muscle grow overnight; within a week or even a month. For that reason I suggest focusing on progressing mechanical load. To do so, make sure you are getting gradually stronger. Being stronger will mean bigger muscles. ▶

Graphic Adapted from:
<http://www.strengthandconditioningresearch.com/hypertrophy>

BASIC MUSCLE CONTRACTION ANATOMY



IMPORTANCE OF MECHANICAL LOAD AND TRAINING THROUGH FULL RANGE OF MOTION

There are two ways by which mechanical loading can occur: either actively (force production) or passively (stretching). When you lift a weight through a full range of motion, during the lowering phase of the lift a passive stretch on the muscle occurs. Then, on the contraction part of the lift, the muscle is actively loaded. Animal model studies have demonstrated that passive stretching alone can produce muscular hypertrophy. It is for this reason that going through a full range and not just focusing on the weight lifted is important. Keep in mind they are still unsure if this occurs in humans, however it may give you another reason to ensure you are performing your lifts with full range, and getting that passive stretch.

I will try to explain very basic muscle contraction anatomy.

A muscle fibre has numerous myofibrils. Between each part of a myofibril, found between two 'Z lines', there is a single contractile element known as the sarcomere. Each sarcomere has a thick filament with the protein myosin and a thin filament with the protein actin. A muscle fibre will contract when the sarcomere contracts as a result of the

actin and myosin filaments sliding over one another.

Having that little piece of information of muscle contraction will help you understand the "how" of hypertrophy. During hypertrophy the contractile elements (described above) simply become larger. You do not get any more muscle fibres, you simply increase the size of muscle fibre (not length). When you are lifting weights, little perturbations occur inside the muscle. This causes a cascade of events that

result in an increase in the size and number of the thick and thin filaments (actin and myosin) and the number of sarcomeres. The final result is what you see in the mirror: an increase in muscle cross-sectional area; simply larger muscles. Muscle tissue is not just made up of cells; it has what is called an extracellular matrix and during hypertrophy it also gets larger. The extracellular matrix is the outside part of a cell which provides structural and chemical support.

HOW MUCH DO YOU NEED TO LIFT?

Load has such an important role in muscle hypertrophy. As stated earlier and as seen in the diagram on page 51, it is the primary stimulus for growth. It therefore should be the most important exercise component of your program. Unfortunately, this is not the case for most, and even some who are idolised in the fitness industry don't understand the importance of load. Whereas powerlifters will always tell you their load lifted during training, many fitness celebrities will just give you a bunch of exercises with random sets and no load specified. Hopefully after reading this you will understand how you need to provide a load that stresses the body to then stimulate hypertrophy. Load can be expressed as a percentage of your one repetition maximum (1RM). This percentage links with the number of repetitions you would be able to perform with that given load.

Research normally divides repetitions into high load (<15 reps) and low load (>15 reps). More specifically, you can then further classify that into three load ranges; low still being 15+ reps, moderate 6-12 reps and high being 1-5 reps. Again, the fewer the repetitions the greater the load needs to be in relation to your 1RM. Each of these ranges uses a different energy system. However, to explain how they impact/relate to hypertrophy would need another article all of its own!

Many researchers have established a relationship between the two methods of describing training load between 1-15RM. From the research it is thought that a load lower than 65% of your 1RM is not large enough to stimulate substantial hypertrophy. What is not clear, however, is whether low reps (1-5) or moderate reps (6-12) provide the most benefit load for hypertrophy. Some are stating that the moderate rep range corresponds to roughly 82-65% of your 1RM. The belief is that

the moderate rep range stimulates greater metabolic stress and greater hormonal response. I have to note that there is a body of evidence which states that acute metabolic stress does not lead to a chronic change in hormones, thus training purely to alter acute hormone levels would not be optimal.

Again, the research is not 100 per cent clear on whether a low or moderate rep scheme is most beneficial. It is for that reason it is suggested to train utilising both moderate and low-rep schemes training with a load greater than 65%. There is a very popular method known as '5 x 5' – five sets of five reps – which has been simplified from the recommendation of 4-6 sets of 4-6 reps. This set and rep scheme allows for heavy weight with some volume. Volume is another important factor that we do not have enough space to cover in this article. The research for the untrained population demonstrates that multiple sets appear to be most beneficial for hypertrophy as there is more volume. For the trained individual, it is not as clear due to limited studies on that population group. However, it would appear that multiple sets are optimal compared to single sets due to the increase in volume.

For those wanting to measure hypertrophy, there are numerous methods. Most commonly, muscle hypertrophy is measured by its cross-sectional area, lean body mass in comparison to your overall mass, and limb girth. Muscular cross-sectional area is measured via MRI, CT or ultrasound. But one can simply use a tape measure for girth. The DEXA scan and bod pod are two go-to methods for monitoring changes in lean body mass; DEXA being the gold standard. It is important to stay consistent with your selection of measuring due to the discrepancies between devices.

In summary there are numerous factors involved in the initiation of hypertrophy.

1. Mechanical load
2. Local hormone production
3. Muscle damage

Mechanical load is the primary stimulus and was the focus of this article. Mechanical load should therefore be the most important factor of your training program. I would suggest focusing on getting stronger via progressive overload, placing more and more tension through the muscle over time. During training, focus most of your effort on getting stronger and setting personal records each week. After that, relax and perform isolated movements. Optimal hypertrophy is thought to occur when training with a load greater than 65% or on average greater than your 12-15 rep maximum.

It is important to emphasise the point that during hypertrophy you are not creating more skeletal muscle fibres - you are increasing the size and number of contractile proteins (actin and myosin) within the muscle fibres. The length of the muscle fibre does not change.

One should use accurate measuring devices such as a DEXA scan to determine whether their current training program is leading to muscle hypertrophy and use repetition maxes to make sure you are getting stronger.

MMH

If you have any training or injury questions you can contact Stent Card via www.facebook.com/Therehabman or at Kawana Sports Care on 07 5444 2133

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bulletproof coffee

Why Is There Butter In My Coffee?

WORDS Pete Tansley

DESIGNER COFFEES: THEY'RE NOT NEW.

Thanks to Starbucks, it's not abnormal for the person next to you to fork out their day's wage for their triple shot, sugar-free, chocolate-caramel, skinny-almond milk cappuccino prepared at a specific temperature.

The latest designer coffees are now appealing to the fitness-conscious. Bulletproof coffee especially has claimed to hit the jackpot with their blend of coffee, medium-chain triglyceride (MCT) oil and butter.

Leading this trend is the founder of Bulletproof Coffee, Dave Asprey. With a growing list of fans in the United States, Asprey is now aiming to win over coffee aficionados in Australia.

He claims that his Bulletproof Coffee, when mixed with butter or MCT oil, not only tastes better, but has been proven to assist brain function, increase performance, fight hunger signals, turn off your sugar cravings and boost energy levels. But is it all it's cracked up to be, or just another false claim?

Is This A New Trend?

Although butter, oil and coffee may sound like an unlikely combination, it has actually been consumed around the world for decades.

Asprey claims he thought of the idea when on a holiday, he discovered the Tibetans consume tea with yak butter at high altitudes. Ethiopians also commonly add butter into their coffee. And in Singapore, coffee beans are often stir-fried or blended with butter in a wok before being consumed. So although Bulletproof Coffee might be bringing the concept into the mainstream, it is far from an original idea.

The Truth About Bulletproof Coffee

To look at how true the claims of Bulletproof Coffee are, let's look at each of the individual ingredients that make up the blend.

Coffee

We understand that coffee is a known ergogenic aid with regard to both resistance and cardiovascular training and we also know that 2-3 cups per day appears to be both safe and beneficial.

Asprey claims that conventional, non-Bulletproof Coffee blends can have mould in them.

The concern is that the mould produces toxins that are bad for you. Asprey makes some fairly bold claims about the integrity of his beans, however fails to produce any scientific evidence. One of the claims about the superiority of his beans is that the packaging is free from Bisphenol-A (BPA).

BPA is a compound used in polycarbonate, a different type of plastic that is sometimes used in bottles, the lining of metal cans, and reusable bottles. The packaging used is free from any BPA, which is a positive. But what about the other toxins that Asprey is referring to?

They're called aflatoxins, which are indeed toxins, and are produced by the mould *Aspergillus flavus*.

This mould grows worldwide in soil, plant and cereal crops naturally. It's literally everywhere and you've been living with it practically all of your life – just not in any quantities that are likely to cause any diseases to humans.

The mould can cause a disease known as aspergillosis, which the Bulletproof coffee website links to heart attacks and aortic infarctions. However, aspergillosis is caused by an overgrowth of the actual *Aspergillus* mould, and not the toxin.

So Asprey makes a bold claim to suggest that non-Bulletproof Coffee is the cause. The truth is, if aspergillosis is coming from your coffee, you've got bigger problems than what coffee you decide to drink.

MCT Oil

The next ingredient in the coffee cocktail is the oil, generally coconut oil. Medium Chain Triglycerides (MCT) surged onto the dietary scene promising rapid weight loss and even prevention of heart disease. The truth is they are not going to make or break your body composition goals. The results may be modest at best. But you knew that already, right? The only "magic pill" for body composition is the correct meal plan, training plan and lifestyle strategies specific to each client, instead of one single ingredient.

Coconut oil does have health benefits. It contains a saturated fat named lauric acid, which is a type of MCT that has been shown to increase the good HDL cholesterol, and may help to improve cholesterol ratio levels.

It can potentially lower cholesterol by promoting its conversion to pregnenolone, a molecule that is a precursor to some hormones that our bodies require. It is also possible that the MCTs in coconut oil might make our bodies more efficient at burning energy.

Many of Asprey's claims on MCT are backed by only anecdotal evidence. So you may possibly get a quick source of energy, you may be consuming a product that boosts energy expenditure, you might get some appetite

suppression, and you might possibly get increased ketone production.

While all of this may assist your performance goals, there is a lack of genuine proof for these claims.

However, if you like the taste of the oil, and can make the switch to coconut oil where you can, there will be mild benefits. It can be used in cooking, and may allow slightly more fat loss than other oils.

Butter

Asprey claims the butter makes for a healthier, creamier and "more satisfying" brew.

Critics are concerned with the saturated fats as Asprey recommends mixing in as much as 80g of butter into each coffee – that's a third of a regular slab!

Some studies have shown that saturated fat is actually good for you. One such study, performed by the Children's Hospital at the Oakland Research Institute in California, found that there is no difference in the risk of heart disease between people who consume large or small amounts of saturated fat.

However the claims that butter will assist physical and mental performance are, once

again, lacking credible studies.

The Final Sip

Despite the Bulletproof Coffee website boasting a "Science and Research" tab for every page, there is a real lack of proper scientific research – only claims. So while there are some benefits of coffee, MCT oil and butter, direct studies relating to training performance or even brain function are few and far between.

The best advice? Listen to your palate. If drinking Bulletproof Coffee is an enjoyable experience for you, carry on. However, for now there's little to suggest turning to the blend for performance increases alone. As always, it is best to follow a well balanced meal plan. Scientific studies aside, the best "test" for any diet or meal plan is to check in with your own objective measures, and review them regularly. **MMH**

Pete Tansley is a writer, personal trainer, business owner and proud dad. Tansley owns and operates www.PeteTansleyFitness.com, a training and online coaching company, where he has helped hundreds of clients lose weight and turn their health around.



THE SEARCH FOR THE ULTIMATE MMH GUY IS ON!

DO YOU FIT THE BILL?

The Men's Muscle and Health 2015 "Man" competition is your chance to feature on the cover of your favourite fitness magazine. How? Well, as a starting point you'll need to be in good shape – probably in your best-ever shape, but equally you'll need to be a good bloke with a great attitude who aims to be the best he can be in all areas of his life: work, life, relationships, style, health, fitness and appearance. Chances are you love the outdoors and keep active whenever you can, making the most out of every weekend! So if you think you fit the bill, then enter now!



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MMH

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YOU

**POWER UP
YOUR DIET**
FOR BETTER ENDURANCE

FUEL UP ON THE GO
With good fats from coconut P15

ISSN 2200-968X 02

WHAT WE ARE LOOKING FOR

With some of the biggest names in Australian fitness on board contributing to the prize pool, the ultimate prize is on offer – the title of “Mens Muscle and Health Man 2015” and the coveted front cover of our November issue.

All we need is your entry!

WHAT IS ON OFFER

The winner will appear on the cover of the November 2015 issue of *MMH* and earn the right to call himself the Ultimate *MMH* Man for 2015. As part of a great prize package, all finalists will enjoy a trip to *MMH* HQ located on the Gold Coast for a photo shoot with our chief photographer Dallas Olsen, valued at over \$5,000!

Remember – it’s not just the overall winner who is presented with fantastic opportunities.

How to enter

Step 1. Visit www.covermodelsearch.com.au; subscribe to *MMH* and complete the online entry form and submit your selected image. You will need to complete all fields and ensure that you provide a valid email address and phone number as you will be contacted if you are one of our finalists.

Step 2. After completing your entry online, you will also need to share your submitted image via Facebook or Instagram, accompanied by the following hashtag: #MMHcovermodel2015

Step 3. You will need to ensure that you are available early September 2015 for a photo shoot at *MMH* HQ on the Gold Coast, Australia (domestic flights will be provided).

Image guidelines and hints

1. The image needs to be a single image and not a collage and be taken without a filter (refer point 3)
2. It needs to be clear, recent and must include:
 - a) Your face and your body (below knees not necessary),
 - b) Be in fitness gear not underwear.
3. The image must be completely untouched (original image) and entries containing any Photoshop or filters will not be considered

4. Most importantly, have fun with your entry! We want you to enjoy the experience, not stress about it.

This competition is open to all readers and we look forward to helping out if you have any questions or would like additional direction. **Feel free to contact us at admin@fitmedia.com.au.**

Entries close 1st August 2015.



PUSH-PULL SERIES:

PART 2

Last issue we gave you the 'PUSH' workout, now we bring you the 'PULL' element of the PUSH-PULL series.

Workout written and demonstrated by Joel Bushby | Images by Dallas Olsen | Location: Anytime Fitness Noosa

Although there are many different ways to pair muscle groups for each session, a PUSH-PULL split is known to bodybuilders as one of the more effective methods.

It means that training the body is broken down into a push day, for training the 'pushing' muscles (such as chest, shoulders and tris), and a pull day for working the 'pulling' muscles (such as back, bis and forearms). You can even go so far as to break it down further and keep legs as a separate session – which will allow for even greater intensity. If you missed the 'PUSH' workout, make sure to grab a copy of *Men's Muscle & Health* issue 8 by visiting www.mensmuscleandhealth.com.au or scan the QR code for a free digital copy.

This 'PULL' workout can be performed up to three times a week, incorporating the 'PUSH' workout on the alternate days. Mix up the routine by including different exercises that also comprise a pulling movement such as lat pull-downs, wrist curls or chin-ups.



IN CASE YOU MISSED IT,
SCAN HERE FOR PART ONE OF THE
'PUSH-PULL SERIES'

THE WORKOUT

EXERCISE	SETS	REPS
DEAD LIFTS	3	6-10
SEATED ROW	3	12-15
CLOSE-GRIP PULLDOWN	3	6-10
SINGLE-ARM BICEPS CURLS	3	12-15
DOUBLE ARM CURLS	3	12-15
INCLINE BENCH REVERSE FLYE	3	15-20



ABOUT THE ATHLETE

Joel Bushby is a qualified personal trainer with a natural talent and passion for helping people reach their fitness goals. Joel currently holds certificates as a functional trainer, rehabilitation trainer, Punch Fit instructor and Crank-it instructor. Follow Joel at www.facebook.com/thenaturaltransformer



DEAD LIFTS

TARGET MUSCLES: Full body (specifically legs and back)

SET-UP: Load the barbell with the desired resistance. While keeping the back as straight as possible, bend your knees, bend

forward and grab the bar with your hands at shoulder width-apart and an overhand grip.

ACTION: While holding the bar, start the lift by pushing with your legs while simultaneously getting your torso to the upright position. In the upright position,

stick your chest out and contract the back by bringing the shoulder blades back. Go back to the starting position by bending at the knees while simultaneously leaning the torso forward. Keep your back straight at all times.

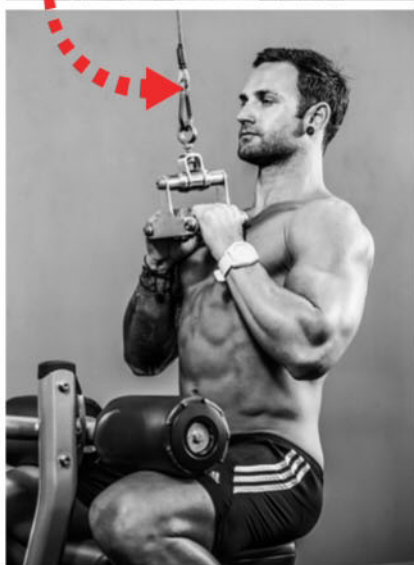


SEATED ROW

TARGET MUSCLES: Middle back and bis, lats and shoulders

SET-UP: Using a seated row machine, grab a V-bar with a neutral grip and palms facing each other. Keeping your knees slightly bent, pull back (hinging at hips). Keep your chest proud and arms extended.

ACTION: Keeping your back slightly arched, pull the handles towards your torso until the V-bar touches you abs. At this point you should be squeezing your back muscles hard. Slowly go back to starting position and repeat.



CLOSE-GRIP PULLDOWN

TARGET MUSCLES: Lower back

SET-UP: Using a V-bar attachment on a high cable pulley, grab the V-bar with the palms facing together. Keep your arms fully extended.

ACTION: Keeping your chest proud and a slight arch in your lower back, bring the bar down until it touches your upper chest by drawing the shoulders and the upper arms down and back. The forearms should do no other work except for holding the bar. After a second in the contracted position, while squeezing your shoulder blades together, slowly raise the bar back to the starting position where your arms are fully extended and the lats are fully stretched.

SINGLE ARM BICEPS CURLS WITH DUMBBELL

TARGET MUSCLES: Biceps

SET-UP: Stand up straight with a dumbbell in one hand at arm's length. Keep your elbow close to your torso and rotate the palm of your hand until it is facing forward.

ACTION: Keeping the upper arm stationary, curl the weight while

contracting your biceps. Continue to raise the weight until your biceps is fully contracted and the dumbbell is at shoulder level. Hold the contracted position for a brief pause as you squeeze your biceps. Lower the dumbbell back to the starting position and repeat with the opposite arm.





DOUBLE ARM CURLS WITH BAR

TARGET MUSCLES: Biceps

SET-UP: Stand up straight, holding a barbell with your hands shoulder-width apart and palms facing up. Keep

your elbow close to your torso.

ACTION: Keeping the upper arms stationary, curl the weight with both arms while

contracting your biceps.

Continue to raise the weight until your biceps is fully contracted and the bar is at shoulder level. Hold the

contracted position for a brief pause before lowering the bar back down.

INCLINE BENCH REVERSE FLYE

TARGET MUSCLES: Rear delts

SET-UP: Holding dumbbells in both hands with your palms facing each other, lay down on an incline bench, arms extended to the floor.

ACTION: Arc your hands out to the sides so that your arms are at shoulder height, contracting your rear delts as you do so. Keep your arms slightly bent throughout the movement, with all of the motion occurring at the shoulder joint. Slowly return to the starting position.



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PASSION FIRST, RESULTS SECOND

Before Big Brother, before his modelling career, Ryan 'Leo' Burke was unhappy, weighing in at 117kg. He knew something drastic had to change, so he gave up the pizza dinners and all-nighters, and started exercising to fitness DVDs in the privacy of his lounge room.

WORDS Erin Leckie | **IMAGES** Dallas Olsen

Originally from Calgary in the cold, snowy country of Canada, Ryan Burke (aka 'Leo'—the producers of Big Brother nicknamed him Leo and the new moniker has stuck) never had much reason to take his shirt off. That was until he moved to Australia, where spending a day down at the beach in your board shorts is just what we do for fun. He'd been a fit and active teenager growing up but, after years of travelling the globe, Leo had let things slide. He arrived in Australia and landed smack-bang in the middle of Surfers Paradise on the Gold Coast, surrounded by fit bodies and a lot of reasons to party.

"I was working for a company that sold party tickets, so basically you're a professional partier," says Leo. "I could put down anywhere between 8 and 12 beers a day without even getting a buzz."

After one bigger-than-usual night on the town, Leo woke up and, half-asleep, walked to the kitchen. It was on the way there that he would get the shock he needed to turn his health and fitness around.

"As I walked by my bathroom there was a full length mirror and I caught a glimpse of myself completely naked. I actually jumped back because, in my haze, I thought someone had broken into the house," laughs Leo.

STATS

Name: Ryan Leo Burke-Gaffney
Age: 31
Location: Gold Coast
Occupation: Personal trainer/fitness model
Instagram: @leoebachfit
Twitter: @leo_ryan_burke



Before

After



"For the first time in probably two years I just stood in front of the mirror and I had no idea who that person actually was. I physically couldn't recognise myself."

It was here, at 117kg, that Leo knew something had to change. He gave up the pizza dinners and all-nighters, and started exercising to fitness DVDs in the privacy of his lounge room. Once he gained a little bit of confidence, things progressed quickly. Leo joined a gym, got a personal trainer and started working on his nutrition. He dropped nearly 30kg, he looked good, and people started to notice.

Some of those people were the producers at hit reality TV series, *Big Brother*.

"I never auditioned for the show, they rang me and asked me to do it so I was

pretty naïve about it," reveals Leo.

As an intruder, Leo spent a total of 47 days in the *Big Brother* house, where his now ingrained routine of training, eating healthy and sleeping eight hours a night was thrown out the window.

"They apply tension to everyone in their own ways, and as soon as he [*Big Brother*] found out my big three were training, food and sleep, he just started twisting those things up for me as much as he could."

Having gone into the house in top condition, Leo was confronted with his old habits: drinking, eating and staying up late partying. Not wanting to limit himself in any way, Leo remained flexible and indulged in the experience. He gained 6kg during the show, and went from 8 per cent body fat up to 13 per cent. He was still fit, but had lost that edge on his signature washboard abs.

However, it didn't take Leo long to bounce back. His previous experience in dropping the weight and maintaining his physique had equipped him with the knowledge and the mindset to get it done again. He quickly shed the extra kilos and

now is working on showing others how to do the same. He says the number one question he gets asked is "how do I get fit?"

"The truth is that it's the same as it's always been. There is no secret, it's just hard work and dedication and time and nutrition," he explains.

His motto is 'passion first, results second'.

"The outcome, how your body looks, will always be a direct result of your passion... not necessarily your choice of fitness."

"Find your passion and don't allow the outside world to diminish your light. If you're a fully grown 35-year-old man and your passion is Pilates, then rock out on Pilates!"

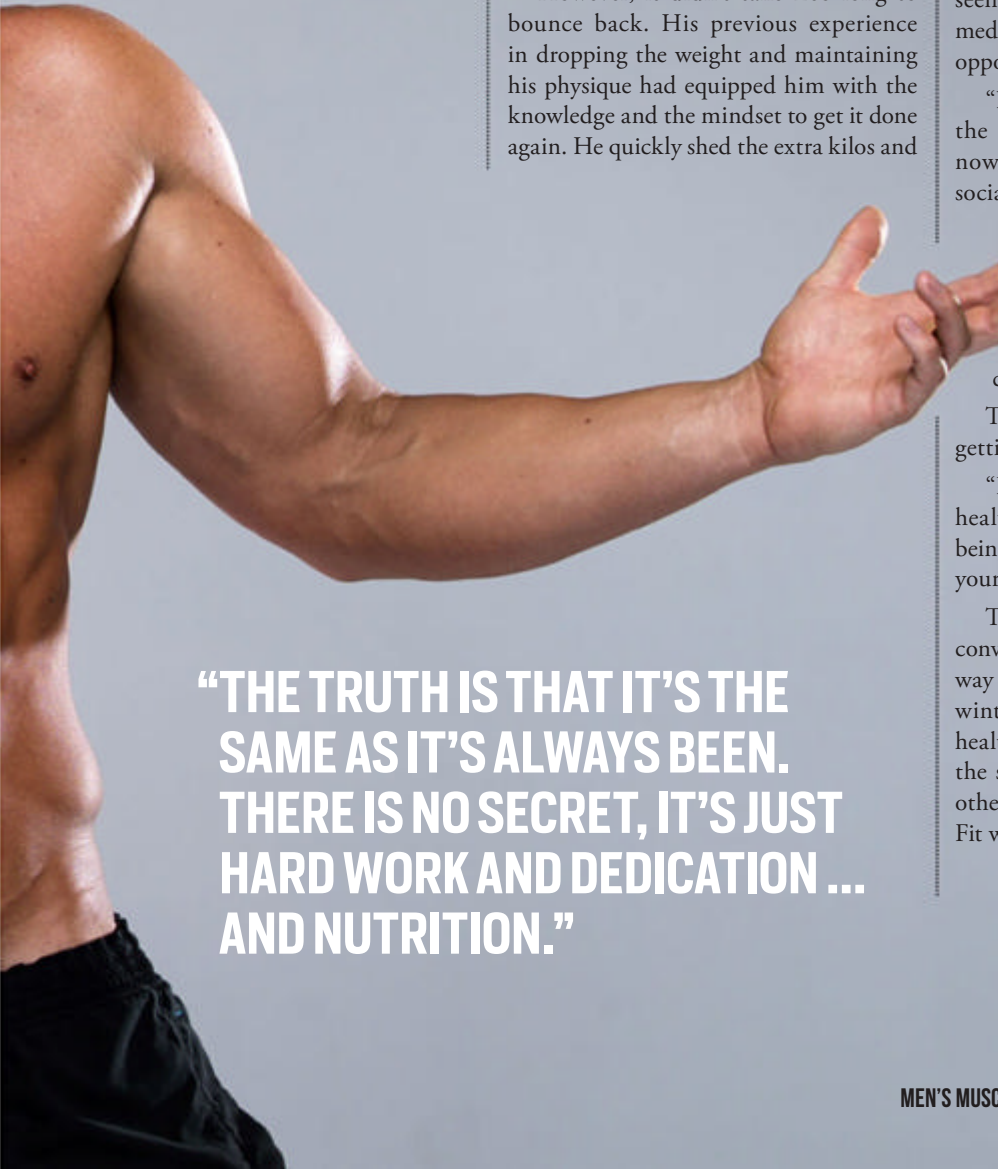
It's clear from his enthusiasm that Leo's number one motivating factor is helping other people. Since being on TV, he has seen a surge in his popularity on social media, and feels a responsibility to use the opportunity to share his experiences.

"Before I could help a few people in the actual gym by training them but now, through the popularity of my social media platforms, I'm able to help potentially thousands of people just by sharing the information I know and by sharing my own experience," says Leo, who is now working on creating his own brand called Beach Fit.

The name Beach Fit all comes back to getting that shirt-off confidence.

"It's about being active and being healthy, it's about being confident and being full of energy and just kind of living your best life," says Leo.

This is one Canadian who has converted 100 per cent to the Australian way of life. No more covering up behind winter clothes, Leo is now fit, tanned, healthy – and passionate about creating the same positive change in the lives of others. Keep your eye out for the Beach Fit website launching soon. **MMH**



"THE TRUTH IS THAT IT'S THE SAME AS IT'S ALWAYS BEEN. THERE IS NO SECRET, IT'S JUST HARD WORK AND DEDICATION ... AND NUTRITION."

ABOUT RYAN (LEO) BURKE

Ryan (Leo) Burke is a TV Personality, fitness model, personal trainer and nutritionist from the Gold Coast. He is an ambassador for a healthy positive lifestyle through fitness and proper nutritional choices. His mantra of "success through passion" has allowed him to help his clients achieve incredible results with widely diverse training programs which include things like yoga, surfing and resistance training. Follow Leo's personal journey on his Instagram account @leobeachfit or visit his website www.leobeachfit.com.au – launching soon.



6 WEEKS TO ABS

Ditch that yawner of a routine you've been following and start our highly advanced, six-week program. This no nonsense guide promises tougher moves, greater intensity, and show-stopping abs.

ATHLETE Leo Burke **IMAGES** Dallas Olsen **LOCATION** World Gym Burleigh

GREAT ABDOMINAL DETAIL IS DETERMINED BY GENETICS AND THEN DEFINED IN THE KITCHEN, RIGHT? MAYBE THERE IS SOME TRUTH TO THAT STATEMENT. HOWEVER, NO ONE IS GOING TO RIP THEMSELVES A SET OF HERCULEAN ABS WITH THAT KIND OF DEFEATIST ATTITUDE.

We all have a genetic threshold; the challenge is putting in the hard yards to achieve it. With our six-week program you can begin to uncover the midsection you've been craving for years. We've thrown out the usual suspects (goodbye, crunches) and advocate a fail-proof training tool: resistance. As each week gets progressively harder, you'll give your abs the impetus for change and develop that drum-tight detail you so covet.

Maybe your abs are already in amazing shape. In fact, maybe they're just downright flawless. Congratulations. Now it's time to take it to an entirely different level. Even the most conditioned midsection will evolve through this program. But if stronger, perfectly polished abs are what you're chasing, you'll need to stick it out to week six.

THE 6-WEEKS TO ABS WORKOUT GUIDE

GROUP A EXERCISES	WEEKS 1-2 SETS/REPS*	WEEKS 3-4 SETS/REPS*	WEEKS 5-6 SETS/REPS*
	Do all four exercises.	Do just 2 moves from Group A plus 2 moves from group B below.	Do 3 moves from groups A and B, plus one move from group C below.
Hanging Leg Raise	3/12		
Kneeling Cable Crunch	3/12	4/10	4/8-10
Plank	3/60 secs	4/60 secs	4/to failure
Side Bend	3/12 (each side)		
GROUP B EXERCISES	WEEKS 1-2 SETS/REPS	WEEKS 3-4 SETS/REPS*	WEEKS 5-6 SETS/REPS*
	Do nothing from this group.	Choose 2 moves from his list and add 2 moves from group A	Do 3 moves from groups A and B plus 1 move from group C below.
Decline-Bench Crunch		4/10	4/8-10
Decline Bench Russian Twist		4/10	4/8-10
Cable Woodchop		4/10 (each side)	4/8-10
Side Bend	3/12 (each side)		
GROUP C EXERCISES	WEEKS 1-2 SETS/REPS	WEEKS 3-4 SETS/REPS*	WEEKS 5-6 SETS/REPS*
	Do nothing from this group.	Choose 2 moves from his list and add 2 moves from group A	Do 3 moves from groups A and B plus 1 move from group C below.
Rocky IV			4/8-10
Windshield Wiper			4/8-10
Barbell Ab Roll			4/to failure

THE RULES

*Select a weight on the resistance exercises that allows you to reach failure by the target rep.

> No more than 60 seconds rest between sets or exercises.

> If you're able to complete more than the recommended number of reps in your first set, use the "Level Up" tips provided

> If you're falling short of the recommended rep range, scale the exercise down

by reducing the weight of slightly shortening the range of motion

> Workout should be performed twice a week, with at least 72 hours recovery in between.

HANGING LEG RAISE

DIFFICULTY: 2.5/5

SET-UP: Hang from a chin-up bar with both arms extended using either a wide grip or a medium grip. The legs should be straight down with the pelvis rolled slightly backwards.

ACTION: Slowly raise both feet until your legs are parallel to the floor. Exhale as you perform this movement and hold for as long as possible at the top of each rep. Keep the movement controlled as you lower back to starting position.



KNEELING CABLE CRUNCH

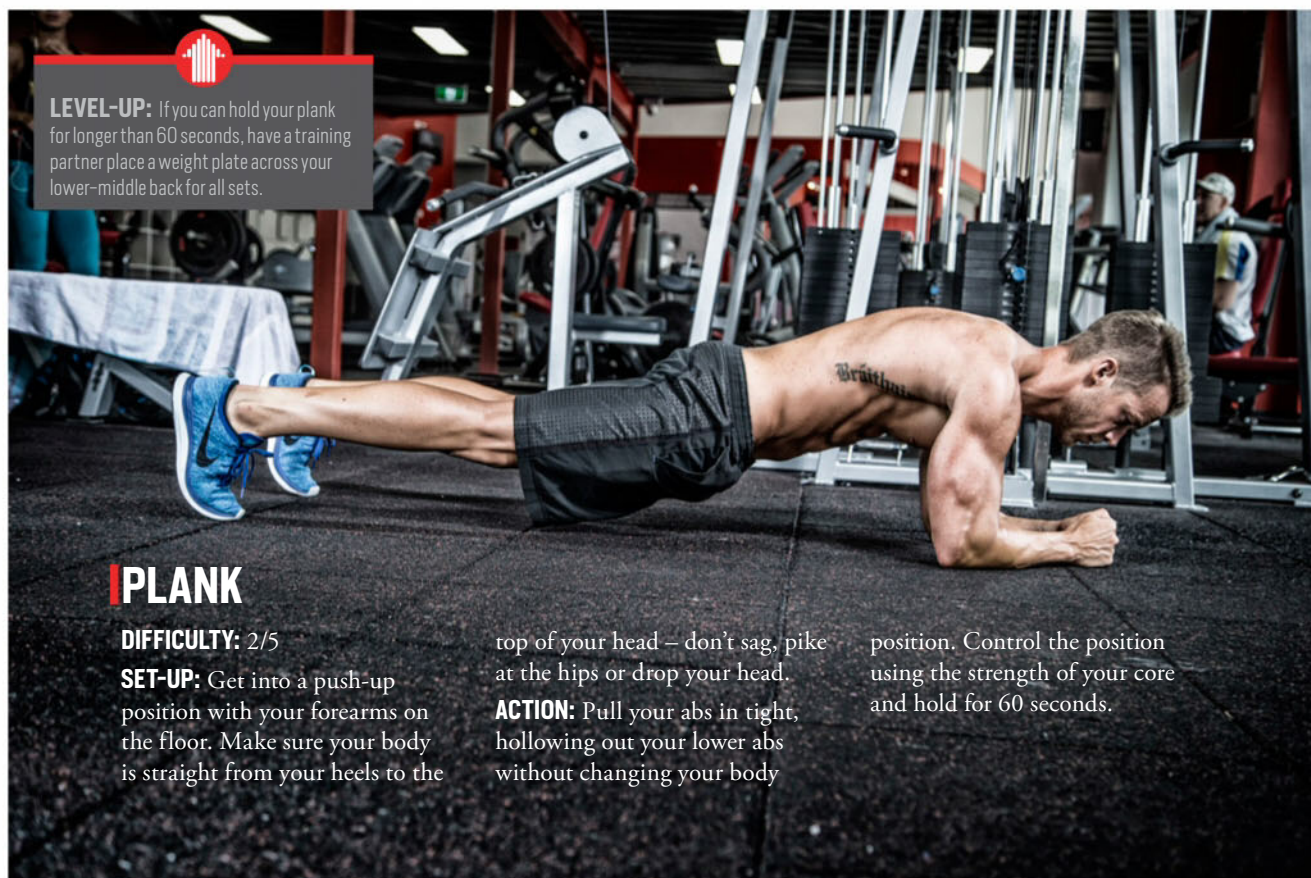
DIFFICULTY: 2.5/5

SET-UP: Attach a rope handle to a high pulley and then kneel down facing the weight stack, with your knees shoulder-width apart. Split the rope handles and hold beside your head; your arms will remain locked in this position for the entire movement.

ACTION: Draw your elbows towards your knees as you crunch down. Hold the contraction for a count and then return slowly to starting position. Ensure you don't sit back here.



LEVEL-UP: If you can hold your plank for longer than 60 seconds, have a training partner place a weight plate across your lower-middle back for all sets.



PLANK

DIFFICULTY: 2/5

SET-UP: Get into a push-up position with your forearms on the floor. Make sure your body is straight from your heels to the

top of your head – don't sag, pike at the hips or drop your head.

ACTION: Pull your abs in tight, hollowing out your lower abs without changing your body

position. Control the position using the strength of your core and hold for 60 seconds.



A



LEVEL-UP: Stay within the recommended rep range by adding resistance as you improve.



B

SIDE BEND

DIFFICULTY: 1.5/5

SET-UP: With your feet hip-width apart, stand straight and hold a dumbbell at your side in one hand only. The opposite free hand should be hanging straight down.

ACTION: Using your obliques, bend your waist explosively away from the dumbbell, exhaling as you do so. Slowly return to starting position before bending in the opposite direction, towards the dumbbell.



DECLINE BENCH CRUNCH

DIFFICULTY: 2.5/5

SET-UP: Sit on a decline bench with your legs positioned securely. Grasp the weight plate with your hands and hold it just out from your torso in front of your chest. Head should be straight and eyes focused forward.

ACTION: Keeping your arms locked in position, lower your body just short of your shoulder blades touching the bench. Then perform a crunch to lift yourself back the upright position.

DECLINE BENCH RUSSIAN TWIST

DIFFICULTY: 2.5/5

SET-UP: Sit on a decline bench with your legs positioned securely. Grasp the weight plate with your hands and hold it just out from your torso in front of your chest. Head should be straight and eyes focused forward.

ACTION: Keeping your arms locked in position; twist your torso to one side until your arms are almost parallel to the floor. Hold this position for a count before returning to the middle and twisting to the opposite side. This is one rep.

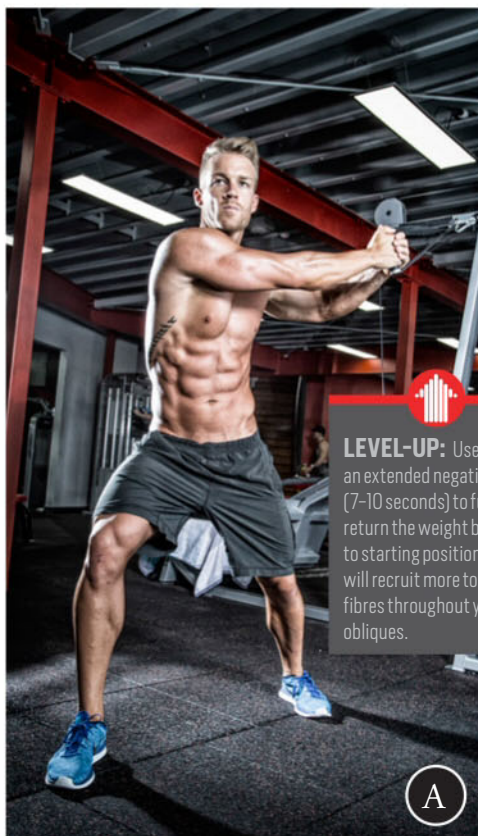


CABLE WOODCHOP

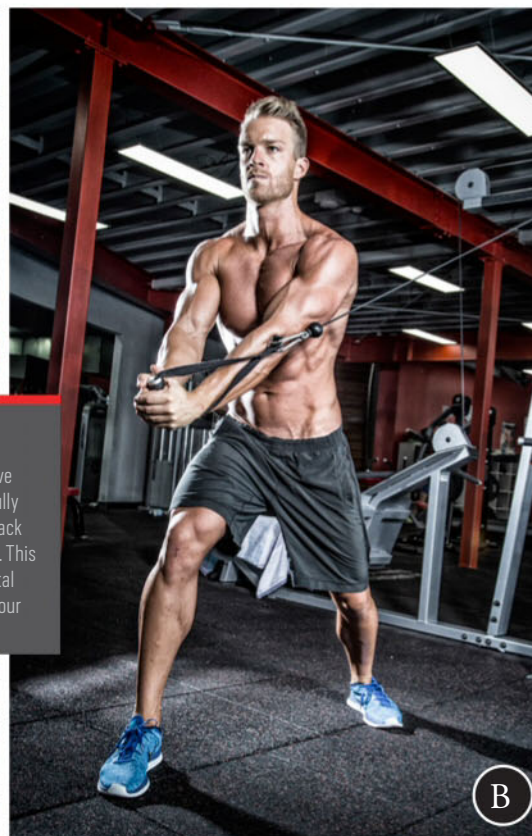
DIFFICULTY: 2/5

SET-UP: Using a D-handle on the high pulley, stand straight next to the machine with your feet just wider than shoulder-width apart. Grip the D-handle with both hands above your left shoulder. Knees are unlocked.

ACTION: Holding your core tight, powerfully bring the weight down across your torso, until it reaches just outside your right knee. Remain controlled as you reverse back to starting position.



LEVEL-UP: Use an extended negative (7–10 seconds) to fully return the weight back to starting position. This will recruit more total fibres throughout your obliques.



LEVEL-UP: Perform the same move, only on a decline, with your head placed at the higher end of the bench.

ROCKY IV

DIFFICULTY: 5/5

SET-UP: On a flat bench, lie face-up and grab the top of the bench over your head with both hands. Extend your legs straight out in front of you.

ACTION: Inhale as you raise your body upwards, lifting your legs and back off the bench so only your shoulders, neck and head remain in contact. Your body should be tight and straight. Lower yourself down slowly until you are just a few centimetres off the bench – this will give you those Rocky-like abs!



WINDSHIELD WIPER

DIFFICULTY: 5/5

SET-UP: Take an overhand grip of the pull-up bar and raise your ankles to eye level, or above, to create a 'v' shape with your body. Novice gym-goers can do these by lying on the floor, with your arms by your sides roughly 30cm from the body, and lift your legs straight up into the air (a slight bend at the knee is optional).

ACTION: Slowly begin to rotate at the hips and lower your legs from one side of your body to another, keeping a roughly 90-degree angle at the hips. Your legs should come as close to parallel to the floor as possible, and the torso should remain still throughout the movement.



BARBELL AB ROLL

(not pictured)

DIFFICULTY: 4/5

SET-UP: Load a barbell with large bumper plates (ideally 10kg each side) and set it down on a smooth surface – not carpet. Standing with the barbell in front of you, bend at the waist and grasp the bar with a shoulder-width grip.

ACTION: Roll the bar forward until your arms are fully extended out in front of you and your body is almost parallel to the floor. To return to the starting position, drive your hips up towards the ceiling and contract your abs.

LEVEL-UP: As you progress with this movement, attempt to increase your range of movement through the obliques by taking your legs closer to parallel with each rep.

LEVEL-UP: Use larger weights to increase the resistance needed to reverse the movement.



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PREPARE YOUR DEFENCE

Tips for avoiding, de-escalating, or escaping potentially life-threatening situations.

WORDS Glenn Stevens



Usually, most articles written about self-defence are slanted towards, or written specifically for, women. This is because the average woman going about her daily business may feel more concerned for her safety. And while it is true that women are more likely to be at risk of an attack, many men are also concerned about safety, both for themselves and their families. Social stigma dictates that men should automatically know how to look after themselves, but not all of us have grown up in environments where we have learnt to fight or, rather, 'defend'. So unless you have specifically trained in the martial arts or other fighting codes, you may not have any confidence in your natural ability to protect yourself.

Let's be very clear what we are talking about here: this article is not about how to win a bar fight. In fact, it is the exact opposite. This article is about how to avoid confrontations that may lead to violence, and in doing so keeping you, your friends and your family safer.

Most people think about self-defence the very second they need it, but by then it's too late. If you are ever attacked, you will be attacked at a time that the attacker dictates, in a place that they choose, using a method that they want. Just like predators in the wild, criminals often attack the weakest of the herd; the people they perceive to be weaker or more vulnerable.

You are constantly communicating with the world and people are reading these messages that you are giving off. You give away clues all the time. Criminals are very good at reading body language, as their livelihoods depend on it, and they want to stack the odds in their favour. They are not looking for a fair fight. ▶

BODY LANGUAGE

A study (Attracting assault: Victims' nonverbal cues, by Betty Grayson and Morris I. Stein) videoed pedestrians without their knowledge, walking down a busy New York footpath. They showed the tapes to 53 criminals who had been convicted of assault crimes. There was a clear consensus among the criminals about whom they would have picked as victims. The criminals were assessing their victims by the vulnerability of their body language. This was based on several non-verbal signals including posture, body language, pace of walking, length of stride and awareness of environment.

AVOID LOOKING LIKE A VICTIM

- ✓ Be alert and pay attention to what is going on around you.
- ✓ Walk tall with your head up and eyes focused.
- ✓ Walk with a confident stride, not an arrogant stride.
- ✓ Know where you are going and how to get there.
- ✓ Avoid excessive eye contact with strangers.
- ✓ Keep a comfortable distance between yourself and strangers.

AWARENESS

Awareness is probably the most important aspect of self-defence. Most people equate awareness to what is happening in their surroundings... but awareness is also having a sense of what is happening to you internally. When experiencing everyday activity and interactions, the brain is able to control the adrenaline response because there is no perceived threat. When the interaction is sudden or unexpected, however, your body signals that something is wrong and that you need to take care of it. Chemicals then begin flooding the body, including cortisol and adrenaline, as it is preparing you to fight, flee or freeze. This release of adrenaline can act almost like a mini super power or, if you are not used to it and don't know how to control it, can possibly cripple you with fear.

CONTROLLING ADRENALINE

By recognising the symptoms of an adrenaline dump, you are more able to control the fear that may come and you are more able to formulate a plan of escape. When most people get adrenalised, the first thing they do is either hold their breath or they get rapid shallow breathing. This escalates the negative effects of adrenaline, as there is not enough oxygen getting to the brain, which makes it harder to use cognitive, problem-solving functions.

A great antidote to this is modulation breathing. This takes you out of your emotional state and into a clearer, more rational, problem-solving state. Navy fighter pilots have been taught this as a way to control and channel the adrenaline in their bodies during times of stress or arousal response.

HOW TO DO IT:

1. Take a breath in through the nose and as you breathe in make a big "Buddha belly".
2. Lift the air up into the lungs and fully inflate the lungs.
3. Breathe out through the mouth as you pull the belly button towards the spine.

Because it is not a natural breathing pattern and you have to think about it, it forces you into the cognitive higher brain state which allows you to find a creative solution rather than resorting to an emotional knee-jerk response.

THE COLOUR CODES

It is important to understand where you are in the spectrum of human conflict. Sometimes it is obvious. For example, if someone is hitting you, there is no ambiguity, you are in a fight. The real confusion happens at the lower ends of human conflict where your social conditioning and denial tell you that "this can't be happening" or "did he just say what I think he said?" It is natural to rationalise or deny that the concern or threat may exist but you need to build up the skill to overcome that denial to be able to take control.

In the intensity of a situation, where adrenaline may be flooding our body, we need a reference point to determine: a)

what is the level of threat and b) what is an appropriate response to that threat. This is called the colour code of self-defence.

CODE WHITE

The FBI calls this the Victim State. This where you are most vulnerable as you are oblivious to what is going on around you. Maybe you are daydreaming, listen to your iPod or texting. You will be caught by surprise. You never want to be code white.

CODE YELLOW

This is your everyday manner. You are relaxed but attentive. You are aware of what is going on in your surroundings. You are trusting your intuition.

CODE ORANGE

Something has triggered you and now is the time to start formulating your plan. You are giving the threat the attention it needs. You may be searching for an escape route or formulating your verbal or physical response.

CODE RED

No question about it. You NEED to respond. Right now. You may need to react physically but there is still a small chance you can bring this level back down to code yellow.

CODE BLACK

You are now physically dealing with the situation. No time for indecision, it's survival time!

You want to match your level of response to the level of threat so that you don't over-react or under-react. By building the colour codes you are priming your body and your mind to do the best job it can to de-escalate the situation - but you are prepared to act if it does get to code black.

the colour code of self-defence



DE-ESCALATION STANCE

If the threat cannot be talked down or evaded, now is a good time to adopt a non-threatening posture. It's a very natural position and the universal sign of "I don't want any trouble". It is designed to look calming but also to offer you as much protection as possible. It allows you to judge distance and control your space while giving you the chance to use offensive techniques should you need to.

HOW TO DO IT:

Take a small step back and angle your body. Your hands are up around chest height, palms facing away from you, elbows in with your chin down slightly.

Be aware that this is not a static position but one that is constantly gauging distance and threat.



DE-ESCALATION

Most potentially violent situations can be de-escalated by verbal skills and the use of distance and body language. Some violence even comes with instructions on how to avoid it. If you don't stop doing (A) then (B) will happen. An example could be "If you don't move away then I'm going to knock you out". Often, though, because of adrenaline or conditioning, people ignore the first part and their ego takes over... leading to an escalation of the confrontation.

If you focus on what the person wants you should be able to get what you want: to get home to your family safely. You want to try to give him an option that allows you both to depart without

violence. Modulation breathing allows you to help take your ego out of the confrontation by thinking rationally and logically.

Don't be paranoid; be aware and prepared. If you are suddenly aware of an attack:

1. Identify that you are being triggered
2. Modulate your breathing
3. Override your social conditioning and denial and give yourself permission to act
4. When you act, do something assertive that matches the level of the situation

The great news is that most situations will turn out ok if you focus on proper awareness, breathing, and body language.

MMH



ABOUT THE AUTHOR

Glenn Stevens has been studying martial arts for almost 30 years and was a member of the Great Britain karate team. He runs his own martial arts schools and owns a self-defence company, EZ Defence. He regularly performs speaking engagements, seminars and corporate workshops on the subject of self-defence and fear management, as well as working with children by visiting schools to talk about anti-abduction strategies. He has written two books and contributed articles to numerous magazines and websites. He can be contacted by email at glennbbs@gmail.com or via his website www.glennstevens.com.au

CHEAT MEALS DON'T HAVE TO BE HUGE, DIRTY CONCOCTIONS OF UNHEALTHY FOODS THAT REVERSE ALL THE COUNTLESS HOURS OF HARD WORK IN THE GYM.

With a few simple changes you can optimise the timing and composition of your cheat meals to help work towards your goals rather than away from them.

WORDS Cam Wild

Most of us probably have some idea of what a cheat meal is, however I'm going to share my definition just so that we are very clear on what's being discussed here. A 'cheat meal' is any food or food component (including drinks) that you consume that is not in line with your health and fitness goals. For example, in the case of fat loss, having fruit sorbet after dinner on Friday night is fundamentally the same as having a fruit salad. Neither meal is optimally in line with fat loss, as both are incredibly high in sugars (yes, even the fruit), so by my definition both the sorbet and fruit salad would be considered cheat meals.

The reason I define cheat meals this way is to be crystal clear on exactly what any particular meal will be doing (or not doing) for us. While this allows for a black-or-white approach to our nutrition, it doesn't mean getting our fix has to have our progress running for the hills. There are a few techniques and strategies we can use that will allow us to optimise the outcome of consuming a meal that, let's be honest, we have no legitimate reason to eat (other than it tastes great).

First up we need to plan ahead and schedule in our cheat meals more towards

the last meal of the day, post-workout or optimally both. Why? Well there are multiple reasons across many scenarios. For example, under the (highly likely) assumption that our cheat meal will have something to do with our delicious friend carbohydrates in its most simple form

(sugar), we want to give these little guys a place to go. In the case of an athlete who leads a lifestyle with a controlled carbohydrate intake, having carbs later in the day, post-workout or both will increase the uptake of carbs into the muscle as the muscles stores have been depleted

Clean



Cheating

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HAMBURGERS

Hamburgers definitely hit the cheat meal list with that juicy meat patty covered by some crispy fresh salads encased in a deliciously crunchy bun. Not only do these bad boys taste amazing... they can also be surprisingly nutritious if optimised!

Like always, opt for a high-quality hamburger joint if you decide not to make some amazing homemade ones. Ask for grass-fed beef and be sure to encase that gold in a gluten-free bun! Aim at having a side of fresh greens or sweet potato chips and enjoy!

throughout the day and from exercise. Think of it like this: each of our muscles has its own fuel tank like a car and the fuel source is carbohydrates. Whenever the tank overflows through a high-carb diet, the excess gets stored as fat. So by making some room in the tank we can

increase the amount of carbs shuttled into our muscles, facilitating growth and minimising fat storage.

Another reason for having our cheat meal in the evening is because we don't want to set ourselves up for failure for the

day by having a high-sugar meal in the morning. Not only will our fuel tanks be full (as we've done nothing to deplete them) but consuming those pancakes and ice cream for breakfast also creates a hormonal imbalance in the body that causes you to crave more sugar. Suddenly your cheat meal has turned into a cheat day! Scheduling our cheat meal in the evening allows us to enjoy our meal knowing we're refuelling our somewhat depleted tanks and removes the option for multiple feedings after as it's now time for bed!

So now that we know the optimal time for a cheat meal, let's work on optimising the meal itself. ▶

Just because it's a cheat meal doesn't mean we have to go all out on the baddest, nastiest food on offer. For the most part, that delicious meal you've been dying to have probably has a healthier alternative. Like the sorbet and fruit scenario I mentioned earlier, having the fruit salad is more optimal as it is more nutrient-dense (contains more vitamins and minerals) and has less sugar than the sorbet.

That said, we've listed a few of the top contenders when it comes to those delicious cheat meals and a few tips and tricks on how to optimise them to get your fix and have you charging towards your goal simultaneously. When eating out, it's always a good idea to choose quality restaurants so as to have access to higher-quality produce – this can play an important role in optimising your meals. It's not like we do this every day, so don't just dip your toes in, treat yourself.

“A ‘CHEAT MEAL’ IS ANY FOOD OR FOOD COMPONENT (INCLUDING DRINKS) THAT WE CONSUME THAT IS NOT IN LINE WITH OUR HEALTH AND FITNESS GOALS.”

PIZZA

Pizza without a doubt is one of those meals that can (and does) have us pulling our hair out and to be honest, who can blame us? With those delicious soft bases, warm melted cheese and all of our favourite toppings it's a hard gig to pass up – so here are a few ways to optimise your precious pizza.

Opt for the gourmet range of pizzas and grab yourself a gluten-free base as our aim here is getting higher-quality produce, decreasing the carbohydrate content and removing gluten. With toppings, be sure to order extra meat to help you grow and fill you up faster so as to prevent overfeeding!



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SUSHI

Sushi is a quick, easy meal that lures us in under the false pretence of health. Contrary to popular belief, sushi (due to its excessively high ratio of carbs to proteins and fats) is still going to cause us some trouble... but not to worry as there are ways to work around this!

Try sashimi instead. The high protein and omega-3 fats are fantastic for your gains and keeping you lean. You can always throw in a sushi roll or two if we really need to but be sure to keep our meal more protein-dominant and tread carefully with the excessive amounts of rice.



FISH AND CHIPS

Fish and chips for your cheat meals are a real danger. Anything deep fried is worth completely avoiding and the lack of nutrients in this meal just adds insult to injury. Having a high content of poor quality fats and simple carbohydrates is the quick road to crippling your progress in the gym.

Your best option here is to get your fish grilled and - when it comes to chowing down on those chips - aim for sweet potato if the option is there. Otherwise, to truly optimise this meal, try dining at home by making an epic fish meal with some crispy homemade sweet potato chips to be sure you aren't taking five steps backwards!

Cheat meals don't have to be huge, dirty concoctions of unhealthy foods that reverse all the countless hours of hard work in the gym. When eating out, it's important to remember that it's ok to ask to have your meal altered to how you want it. After all, you are paying with your hard-earned cash. Just by planning ahead and making a few tweaks and changes here and there you can optimise the timing and composition of your cheat meals to help work towards your goals rather than away from them. Be smart, plan ahead, enjoy your food and get the results you deserve. Happy eating! **MMH**



ABOUT THE AUTHOR

Cam Wild, 23, is a Victorian state physique competitor, nutritionist, and owner of NUFIT – one of the fastest-growing online nutrition and training businesses in Australia. For years, Cam struggled with getting the results he wanted in the gym. His dedication turned into a passion for nutrition and as a result, Cam developed a simple and results-based nutrition system specifically designed for guys wanting to get noticeable, lifelong results. Cam's system is available online at www.nufit.com.au

“Before you even consider land banking, you should be asking yourself all the following questions: can you wait 15 years for a return? Will you buy in the right area? What are the tax advantages?”



Photo Credit: Shutterstock.com



The Get-Rich Slow Scheme

Land-banking is the latest investor strategy for generating big bucks over the long-term. Find out everything you need to know to get rich... slowly!

WORDS Michael Henry

Have you heard this term enough lately? It is the latest scheme on the market to get investor money flowing with potentially huge gains in the future for the lucky buyer. The way it works is that you buy the rights to a plot of land and in approximately 15 years that plot will be worth a healthy multiple of what you paid for it! Once again Australia is the lucky country. Due to our need for increased housing and infrastructure we can have schemes like this in place that are actually fairly safe and trustworthy... but as always there are some risks.

On the side of safety, we live in a nation that needs to keep developing just to keep up with demand! As our population grows it continues to create a housing shortage that is not going to disappear any time soon. Another factor is that we are a nation built around our major cities. It is more likely for a city to just continue expanding

than for new cities to be developed. Our continuing desire to be bound to cities takes much risk out of selecting the best parcels of land.

However, one of the realities that you need to understand is that many of the valuable future land holdings are already owned by one of a small group of companies who are just waiting for demand to pick up. Their approach is simple... drip feed the market to keep demand (and prices) high! Melbourne is a great example where a few years ago they literally redrew an imaginary line around the outskirts of the sprawling suburbs and the new laws enabled massive corridors of land to be zoned as residential. Prior to this it was farming land and pastures. As it happened, about five mega-developers owned the land already and were now sitting on billions of dollars' worth of dirt that they could start developing at will. Being smart, these companies take their time to build the new residential suburbs,

thus keeping land values and profits very high. In effect they are setting the price for the market by drip-feeding the consumers.

This all sounds slightly sinister and perhaps even illegal... but it's not! And in fact, I am just filling in some blanks for you before I suggest that land banking might have legs and should have its place in your portfolio. I do have some problems with it, but strategically it is a rock-solid scheme that I believe can be worthwhile for the small investor. Otherwise the big guns get to make all the money, and where's the fun in that?!

Before you even consider land-banking, you should be asking yourself the following questions: can you wait 15 years for a return? Will you buy in the right area? What are the tax advantages? Will laws change, making the gains less attractive? Is it fair to have such a scheme? ►

“You need to understand that many of the valuable future land holdings are already owned by one of a small group of companies who are just waiting for demand to pick up.”



Like any investment, land banking is based on getting a return depending on the risk and future sale of the product. Look at shares – they are very competitive. If your shares are in company A and it lands a contract that company B wanted, then you are in the money. Your share value will rise and the investment has paid off. Land banking is very similar but it requires quite a commitment to the due diligence process. You want to be sure to buy in the right area or in 15 years you will not be very happy!

You need to check the laws state by state in Australia, and also make a visit to your local council – they are likely to have a housing strategy plan that is essential for you to study word for word. You'll want to know all about zoning and future plans that might already be in place. I always try to see what the big housing companies are up to. They have teams of professionals planning long-term developments. Always keep an eye on what they are planning, then, if you manage to select a parcel of land, you'll still have some options. You might be able to lease it back to a local farmer or maybe even rent it out to someone with a need for cheap land. There is no point developing the land unless you can buy a second-hand house and have it rented out on the land. Really, the point of the investment is to buy cheap and hope for a great return in a decade or two.

What to do when you want to sell? The best plan is to work on the council to rezone the land; this is your ticket to huge financial return! If you have bought in a good area the potential is that you will sell to a large developer. They can do the hard work and develop the land. If you are a cashed-up investor, you may look at developing the land yourself! Even if you can get to the stage of building a road, dividing up the land titles and then selling of the plan... this will make you big dollars!

All in all, I would keep watching what happens with this scheme. If you have some money that you want to invest long term, there are few options as popular as this! **MMH**

THE **MASTER THE MUSCLE-UP** P20

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CRICKET'S RISING STAR

JASON BEHRENDORFF

Adding bulk and muscle is all about surviving the rigours of life as a fast bowler in the hectic schedule that is modern-day cricket.



STATS

Name: Jason Behrendorff
Club: Perth Scorchers
Age: 24
Height: 194cm
Wickets: 27
Average: 27.22

Emerging Perth Scorchers tearaway Jason Behrendorff had a plan during the off-season. Put on muscle to become more durable.

End-of-season meetings with his coach Justin Langer and support staff confirmed Behrendorff's need to bulk up. It's not that the slimly-built 194cm left-arm quick hadn't previously been aware of this, but rather he simply hadn't been able to put on the muscle.

Adding bulk and muscle is all about surviving the rigours of life as a fast bowler in the hectic schedule that is modern-day cricket. Whenever there's talk of national team 'rotations' or player management, more often than not it's a fast bowler at the centre of the discussion - such is their intense workload and the toll their trade puts on their body.

Subsequently, Behrendorff spent several months at Brisbane's National Cricket Centre over the off-season, and plenty of hours in the gym there too, working on his goal and reading up on nutrition to get maximum results.

Session after session, set after set, rep after rep, book after book, page after page, word after word, Behrendorff would return to the WA and Scorchers set-up with an additional 6kg of muscle, leading to his career-best 10-wicket haul early in the Sheffield Shield season and giving rise to hopes of his maiden Australia call-up.

"Putting on six kilos of muscle throughout the off-season was really big

for me, given I've been struggling to put on weight for a while," Behrendorff says.

Durability is a key to handling the hectic cricket schedule, which includes the Matador One-Day Cup in October, a block of Sheffield Shield cricket from November to mid-December, onto the KFC T20 Big Bash League from late December through to early February, and a final two months of Shield cricket.

Throw in additional commitments with international cricket and the World Cup just held locally and it's clear the modern-day cricketer has a lot on his plate. Behrendorff, as an emerging talent, spent time with the Australia A set-up in the winter months and is a player on the radar of the senior national team.

Bulking up while building power, strength and durability is all key to a quick's success, hence Behrendorff's off-season goals.

"The big thing for me was doing weights but also the nutrition side," Behrendorff says. "I've been able to eat a lot of the right foods at the right times as well, before sessions and after sessions, instead of having something for breakfast then training and not eating until I get home."

The three-hour nature of T20 cricket provides a unique challenge for cricketers, normally used to spending six to seven hours a day out in the field.

One of those challenges is nutrition and when, what and how to eat on game-



day, with most Perth Scorchers home games starting around 4:10pm.

"It was eat, train and eat straight away which was really helpful to making gains," explains Behrendorff.

The hard work paid off for Behrendorff, who gave standout performances for the start of the 2014-15 season and was named the domestic cricketer of the year at the Allen Border Medal Ceremony in February. **MMH**

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EAT LIKE JASON



9.30am Breakfast:

"Something simple, Weet-Bix and some fruit, or maybe make a smoothie with bananas or some yoghurt."

1pm Lunch:

"I had a routine of eating some burritos; we had them a few times and started winning some games! But I'll try to have anything with some carbohydrates and protein."

3.30pm Arriving at the ground:

"Once we get to the ground, I'll snack on something like a bit of fruit or a muesli bar. Once we know if we're bowling or batting I'll decide whether to eat or not. If we're bowling first, I won't eat until we've finished our bowling innings."

"If we're batting first, I'll have a bit more of a substantial meal as I know I won't eat for a while after that."

As for the night before:

"It's about trying to get some carbohydrates and proteins in, covering off those major food groups."



TRAIN LIKE JASON

THE HANG POWER CLEAN

One of Behrendorff's favourite exercises is the hang power clean which is an adapted weight-lifting exercise. It's a combination exercise, used for power and strength, crucial for a fast bowler trying to send down thunderbolts at 145 clicks per hour.

The exercise gets your kinetic chain working, with a real emphasis on legs, but also providing a workout to your upper body.

1. In the first position and with an overhand grip, perform a deadlift to pick up the bar.
2. Here, the bar should be resting on your thighs, hands and feet just slightly wider than shoulder-width apart.
3. Move into the hang position by bending forward at the waist (not at the knees) and sliding the bar down your thighs until it reaches your knees. The bar should be touching your knee caps, and weight should be in the heels.
4. From here, use the power in your legs and hips to propel the bar upwards, keeping it close to your body. Shrug your shoulders as you lift and drop into a quarter-squat stance as you catch the bar. Here there's a main emphasis on the shrug component. Elbows should be in and high.



TIP: As your shoulders move naturally forward of the bar (which is the correct position), the bar will attempt to drift away from your knees. Correct this by squeezing your lats tightly and pull your arms in to keep the bar on the top of your kneecaps.



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the shredded factor

Shred those last bits of body fat with metabolic training

WORKOUT Sonny Brown | IMAGES Dallas Olsen | LOCATION Miami Fitness

the workout

Whether you're willing to admit it or not, metabolic-style training is fun despite its high degree of difficulty. The workouts move quickly, the exercises are constantly changing, and it forces you to use your entire body as a unit - the way it's intended to move - instead of performing the same repetitive moves for set periods of time. You can also train this way anywhere. Whether you're travelling, pressed for time, or you'd rather wait until you're home from the gym to receive your metabolic arse-kicking, most of the exercises in this set of workouts involve very little gym equipment. In other words, you won't need a ton of time, space, or gear - just the desire to shred those last bits of body fat and a plan to complete the job. **MMH**

EXERCISE	REPS	SETS*
Dumbbell Pullovers	10	6-12
Dumbbell Box Jumps	10	6-12
Clap Push-ups	10	6-12
Cable Flyes	10	6-12
Upright Row	10	6-12
Decline Crunch and Twist	10	6-12

*Sonny recommends six sets of the circuit for beginners, while the more advanced should be aiming for anywhere from 10-12 sets. All exercises are performed for 10 reps, the rest periods should be no longer than 45 seconds.



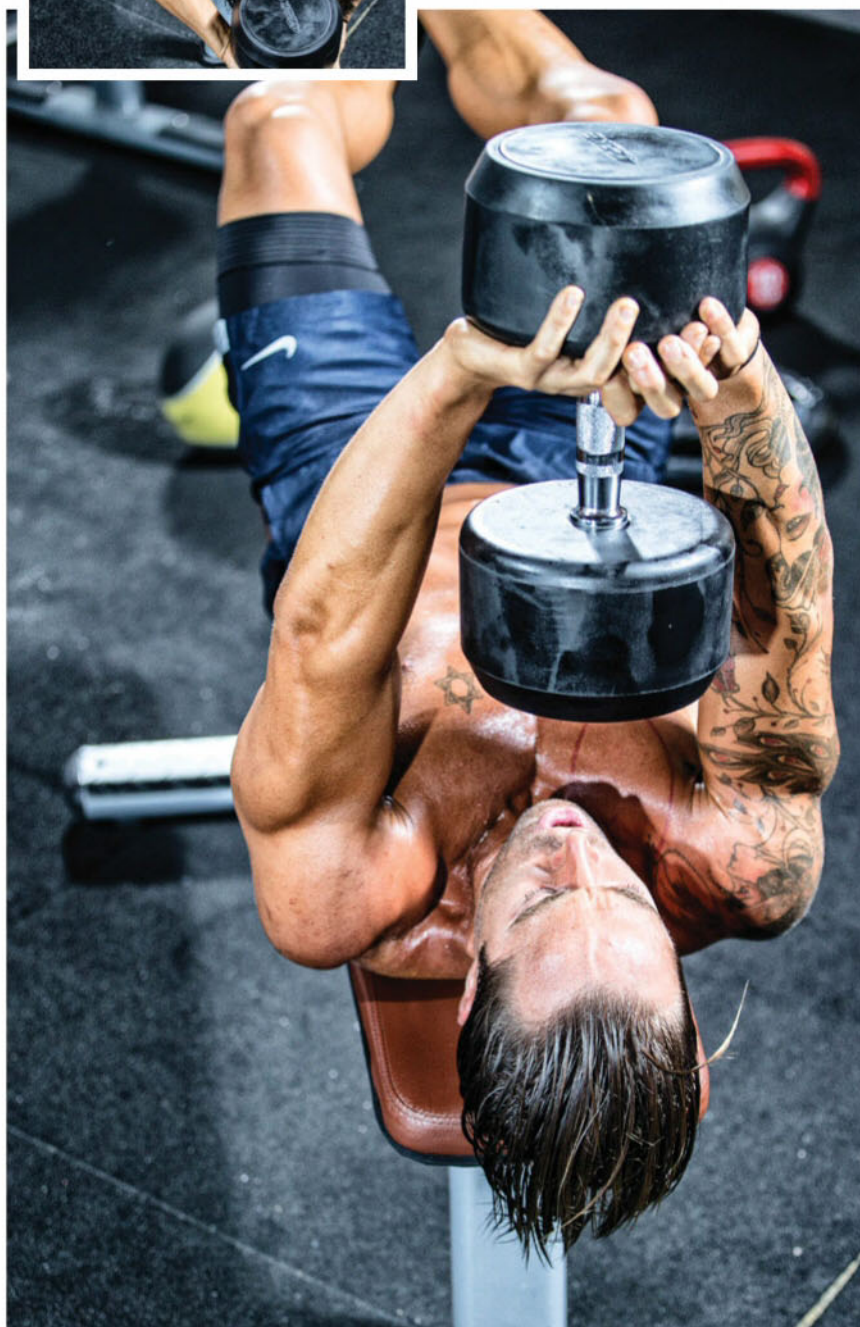
dumbbell pullovers

SET-UP: Place a dumbbell standing up on a flat bench. Ensuring that the dumbbell stays securely placed at the top of the bench, lie down and grasp the dumbbell behind your head with both hands. Lift the dumbbell and hold it straight over your chest at arms length. Both palms should be pressing against the underside one of the sides of the dumbbell. This will be your starting position.



CAUTION: Always ensure that the dumbbell used for this exercise is secure. Using a dumbbell with loose plates can result in the dumbbell falling apart and falling on your face.

ACTION: While keeping your arms straight, lower the weight slowly in an arc behind your head while breathing in until you feel a stretch on the chest. At that point, bring the dumbbell back to the starting position using the arc through which the weight was lowered and exhale as you perform this movement. Hold the weight on the initial position for a second and repeat the motion for the prescribed number of repetitions.





dumbbell box/ bench jumps

SET-UP: Begin with a box of an appropriate height 30-60cm in front of you. Stand with your feet shoulder width apart holding your dumbbells at your sides. This will be your starting position.

ACTION: Perform a short squat in preparation for jumping, swinging your arms behind you and driving through the jump. Rebound out of this position, extending through the hips, knees and ankles to jump as high as possible. Swing your arms forward and up. Land on the box with the knees bent, absorbing the impact through the legs. You can jump from the box back to the ground, or preferably step down one leg at a time.





cable flies

SET-UP: Adjust the pulleys to the appropriate height and adjust the weight. The pulleys should be above your head. Grab the left pulley with your left hand and the right pulley with your right hand, crossing them in front of you. This will be your starting position.

ACTION: Initiate the movement by moving your arms back and outward, keeping your arms straight as you execute the movement. Pause at the end of the motion, focusing on the contraction of your chest and front delts, before returning the handles to the start position.

clap push-ups

SET-UP: Move into a prone position on the floor, supporting your weight on your hands and toes. Your arms should be fully extended with the hands around shoulder width apart. Keep your body straight throughout the movement. This will be your starting position.

ACTION: Descend by flexing at the elbow, lowering your chest towards the ground. At the bottom, reverse the motion by pushing yourself up through elbow extension as quickly as possible. Attempt to push your upper body up until your hands leave the ground. Return to the starting position and repeat the exercise.

TIP: For added difficulty, add claps into the movement while you are airborne.



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upright row

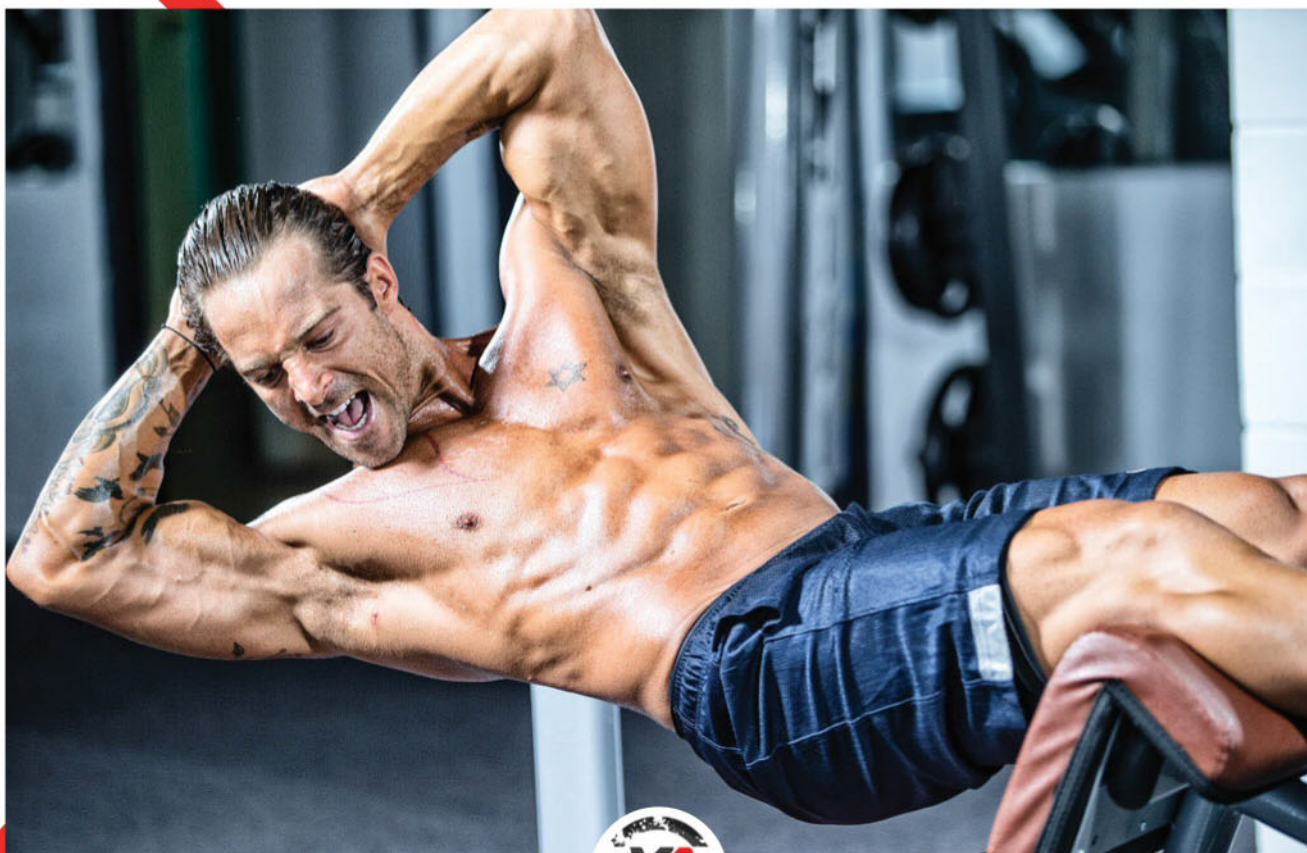
SET-UP: Grasp a weight plate with an overhand grip that is slightly less than shoulder-width. The plate should be resting on the top of your thighs with your arms extended and a slight bend in your elbows. Your back should also be straight. This will be your starting position.

ACTION: Now exhale and use the sides of your shoulders to lift the bar, raising your elbows up and to the side. Keep the bar close to your body as you raise it. Continue to lift the bar until it nearly touches your chin. Remember to keep your torso stationary and pause for a second at the top of the movement. Lower the bar back down slowly to the starting position. Inhale as you perform this portion of the movement focusing on the contraction of your shoulders and chest at the bottom of the exercise.



TIP: Your elbows should drive the motion, and should always be higher than your forearms.





decline crunch and twist

SET-UP: Lie flat on the bench with your lower back flat. For this exercise, you will need to put both hands on the side of your head. Make sure your feet are elevated and resting on a flat surface.

ACTION: Drive your core and trunk to a 45-degree angle for the abdominal crunch, exhale and hold for one second before rotating to the left, then right to isolate the obliques.

TIP: Remember to breathe in during the eccentric (lowering) part of the exercise and to breathe out during the concentric (upward) part of the exercise. Abdominal training can be as easy or as hard as you want. Focus on form and breathing techniques to get maximum benefits out of this exercise.

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Images provided by Zane Holmes

ONCE AN IRONMAN, ALWAYS AN IRONMAN

Since retiring, you'd think Ironman Zane Holmes would have kicked his feet up and started taking it easy. Instead, Zane is busier than ever – training, working and cultivating a love for his sport among Australian youth.

STATS

Name: Zane Holmes

Age: 33

Location: Gold Coast, Qld

Occupation: Director, Dolphin Surf Craft

Growing up, an all-Aussie Zane Holmes spent most of his time at the beach, surfing and participating in Nippers – the junior branch of Australia’s surf life-saving industry. At just 15, he decided to focus on becoming a professional Ironman, a big dream at such a young age. Within two years, Zane was racing in the Kellogg’s Nutri-Grain Ironman series, and winning. During his 15 years participating in the sport, Zane won every major Ironman race there is to win, including the Australian Championship, the World Championship (twice!), the Coolangatta Gold, five Kellogg’s Nutri-Grain Series crowns and six Queensland titles. Elite is an understatement: Zane Holmes is a legend of the sport.

For Zane, his professional sporting career came to a halt in 2012 after a chronic back injury continued to give him grief during training. The arrival of his beautiful twin daughters was the final factor in his decision to retire.

“Now that I’ve retired from competition and don’t train nearly as much I think just being super fit was very

rewarding,” said Zane, when asked why he had loved competing.

“Obviously setting goals to win certain titles, training hard for them and then achieving them were the most rewarding aspects.”

So what happens when you take the competition out of the Ironman? According to Zane, the day comes for all elite sportsmen to make the tough decision to leave the competition they love. But once an Ironman, always an Ironman. And while Zane now feels like he has even less spare time than when he was an athlete (running several businesses and keeping up with his energetic twins), he still makes his health and fitness a priority.

“I have to exercise at least every second day otherwise I feel terrible. My body needs to exercise as it has been so used to it for the past 20 years,” says Zane.

“Now I paddle my ski a couple of times a week, I run a couple of times and do a couple of gym sessions.”

The rest of his time is spent working in the family business, Dolphin Surf Craft, established in 1992 by Zane’s

father John Holmes. Zane uses his in-depth knowledge of the ocean environment, plus the knowledge his father passed down to him, to design high-quality boards that can be used by novice paddlers all the way through to elite surf life saving competitors.

Being a professional athlete for more than 15 years has given Zane the mental toughness he needed to be successful in and out of the water.

“As a professional athlete, there are always obstacles to overcome with injuries and the hard training day in and day out,” says Zane.

“It has definitely made me mentally tougher and also taught me how to focus on what I want to achieve. This applies to business too.”

Zane’s other venture is the Medibank Wave Warriors Junior challenge, which he created to mirror the famous Kellogg’s Ironman series and allow junior lifesavers to develop their skills in the water. The event hopes to

encourage younger Aussie athletes to lead a healthy and active lifestyle while providing some exciting competition. The key to succeeding as an Ironman seems to be: start ‘em young. But if you’re trying the sport for the first time as an adult, Zane’s top tip is to really

hone in your surf skills and ocean knowledge.

“You can be the fittest guy in the race but if you don’t have good surf skills you will have

trouble,” he says.

And while Zane is busy designing boards, promoting his sport and spending time with his family, a comeback isn’t completely off the table.

“I do miss competing and I have considered making a comeback,” reveals Zane. “However, I’m realistic in the fact that I’m never going to be as fast as I was and I wouldn’t be happy being beaten.”

It seems that we may not have seen the last of Ironman Zane Holmes. **MMH**

**YOU CAN BE THE
FITTEST GUY IN
THE RACE BUT IF
YOU DON'T HAVE
GOOD SURF SKILLS
YOU WILL HAVE
TROUBLE.**

EAT LIKE ZANE

Breakfast: coffee, fruit smoothie and eggs

Lunch: tuna salad or sandwich

Dinner: steak and salad

TRAIN LIKE ZANE

Monday: 1 hour gym

Tuesday: 30-min run, 1-hour ski paddle

Wednesday: Rest day

Thursday: 30-min run, 1-hour ski

Friday: 1-hour gym

Saturday: 30-min gym, surfing

Sunday: rest day



Recover Like A Pro

Because 'training' is a lot more than just exercise

WORDS Dave Nixon, Functional Trainer and Athlete



Photo Credit: Shutterstock.com

“GO HARD OR GO HOME.”

“NO PAIN, NO GAIN.”

**“PAIN IS JUST WEAKNESS
LEAVING YOUR BODY.”**

If you're into fitness then you would have surely heard one or all of these sayings at some point.

I bet you've also been told that you should be aiming for 30 minutes of exercise per day? Hey, I love training, sweating and lifting. I love training so much that I would rather catch up with someone for a training session than catch up for coffee. You know, to find out who that person really is. But the truth is: we exercise too much. Not all of us, but some of us exercise enough to make up for the other half that don't.

What I have learnt along the way, though, is that training isn't always exercise. Training takes a big toll on your body. If you look at the intensity most people aim to train at every day compared with the weekly training load for an athlete, you will see a noticeable difference.

Athletes taper and periodise their training. Why? To avoid injury, burnout and improve performance. They spend hours upon hours a week making sure that they are completing the amount of recovery they need in their training program to ensure that they can perform at their best and for the greatest part, injury-free. The general population, however, does not.

In short, we all want to train like the pros, but we don't want to recover like one.

In the western world we are usually introduced to weight training during early or even late adulthood. And let's be

honest, just benching and doing a few arm pumps isn't preparing my 'whole' body for real life lifting or moving heavy loads.

At this point in our lives we already have most of what I call G.A.S (General Adult Strength). You can get a female or male adult and chances are they can pick up anywhere from 40kg-80kg on a deadlift, once, poor technique or not. They have over the years, due to whatever level of moving they have done coupled with their natural level of testosterone, increased their strength up to a point.

Now it's time to get to the gym and get stronger. So how do we measure strength improvements? Well, by muscular size and weights of course! How silly of us. Our concept of strength is very juvenile compared to countries that have made a science out of lifting weights. We use the most superficial attributes to measure our progression. Both of those factors are simply by-products of paying attention and developing the finer details of your training.

Strength, however, is a full body output and most of us are operating sub-par. It's the difference between your current potential strength and current useful strength. Your muscular system can handle it, but your connective tissue and the nitty gritty stuff that supports the joints takes much longer to develop and it is this nitty gritty stuff which plays just

as large a role, if not larger, in developing strength over time.

There is something to be said for years of spatial awareness and body intelligence development. Tie this in with years of sub-maximal lifting and you have yourself the best recipe for bullet-proofing your body against niggling injuries. "But that takes time," I hear you cry.

Well, the time will pass anyway. So get to it.

Firstly, the skill development of lifts and body control is crucial. Couple this with a balanced physical bank account

(PBA) and you have a solid base of training and lifting for decades to come.

The physical bank account refers to the things we do that give to the body and the things we do that take away from it. This bank account wants to live in balance, not surplus. Exercise, contrary to popular belief, is actually a withdrawal from your account. It takes from the body. "But if I exercise, don't I stay young, fit and healthy?" You do - as long as it lives in balance with recovery.

Exercise and inactivity are withdrawals: they damage the body in different ways. The good news is that recovery practices give back to the body. If all you do is exercise then you will be in debt. In contrast, if all you do is "recover" then you will be forever in surplus. ▶

**“SWAP YOUR CURRENT
'EXERCISE REGIME' FOR
A TRAINING ROUTINE AND
START LOVING MOBILITY,
PREHAB AND RECOVERY.”**

Note: I use the term 'recovery' instead of rest.

It's not rest; planned inactivity is simply giving your body the opportunity to recover and go again. It's part of the process that you shouldn't feel bad about, or hate. You should look forward to your recovery. It paves the way to a pain-free and performance-enhanced physical state.

So what are the best ways to recover and prehab your body?

Mobility is greatly overlooked and should be added into your warm-ups and cool-downs. If you don't, it's just a matter of time before you are going to have to. Either do it now or pay a physio to give you boring exercises to do for rehab later.

Grab yourself a couple of tools and do your research. I am a big fan of increasing your health IQ and improving body intelligence. These refer to your total understanding and knowledge of your body.

The best toys to get started with are:

1. Foam roller
2. Hockey/lacrosse ball
3. A small to medium elastic band

There are plenty of YouTube channels (such as Mobility WOD – Kelly Starrett is my favourite) to show how to best manage your joints and tired muscles. You shouldn't have to live with a restricted range of movement. That's not living at all. Get the toys and do your learning. It's the difference between results coming and going and actually being able to use your body and its potential strength for years and years to come. And that's just not in the gym; it's outside of it as well.

Keep in mind that it's not just mobility work that can give back to your body.

Other awesome ways to do so are:

1. Sleep, 7-8 hours per night
2. Good nutrition
3. Reduce stress
4. Drink adequate amount of water – 2 litres per day is a good starting point
5. Massage, chiropractic, acupuncture and physio
6. Contrast bath/shower (hot and cold)
7. Recovery walks



Real Madrid's Sami Khedira warms up before the World Football Challenge

Photo Credit: Photo Works / Shutterstock.com



“ATHLETES TAPER AND PERIODISE THEIR TRAINING. WHY? TO AVOID INJURY, BURNOUT AND IMPROVE PERFORMANCE.”

I know some of these aren't always a realistic option for all of us. A common problem I see is that many people aren't able to get adequate sleep due to factors such as shift work or children. That's life, though, and it's what you signed up for. So you have to do your best to cover on the other factors as best you can.

Swap your current 'exercise regime' for a training routine and start loving mobility, prehab and recovery. Remember, training isn't always exercise. **MMH**

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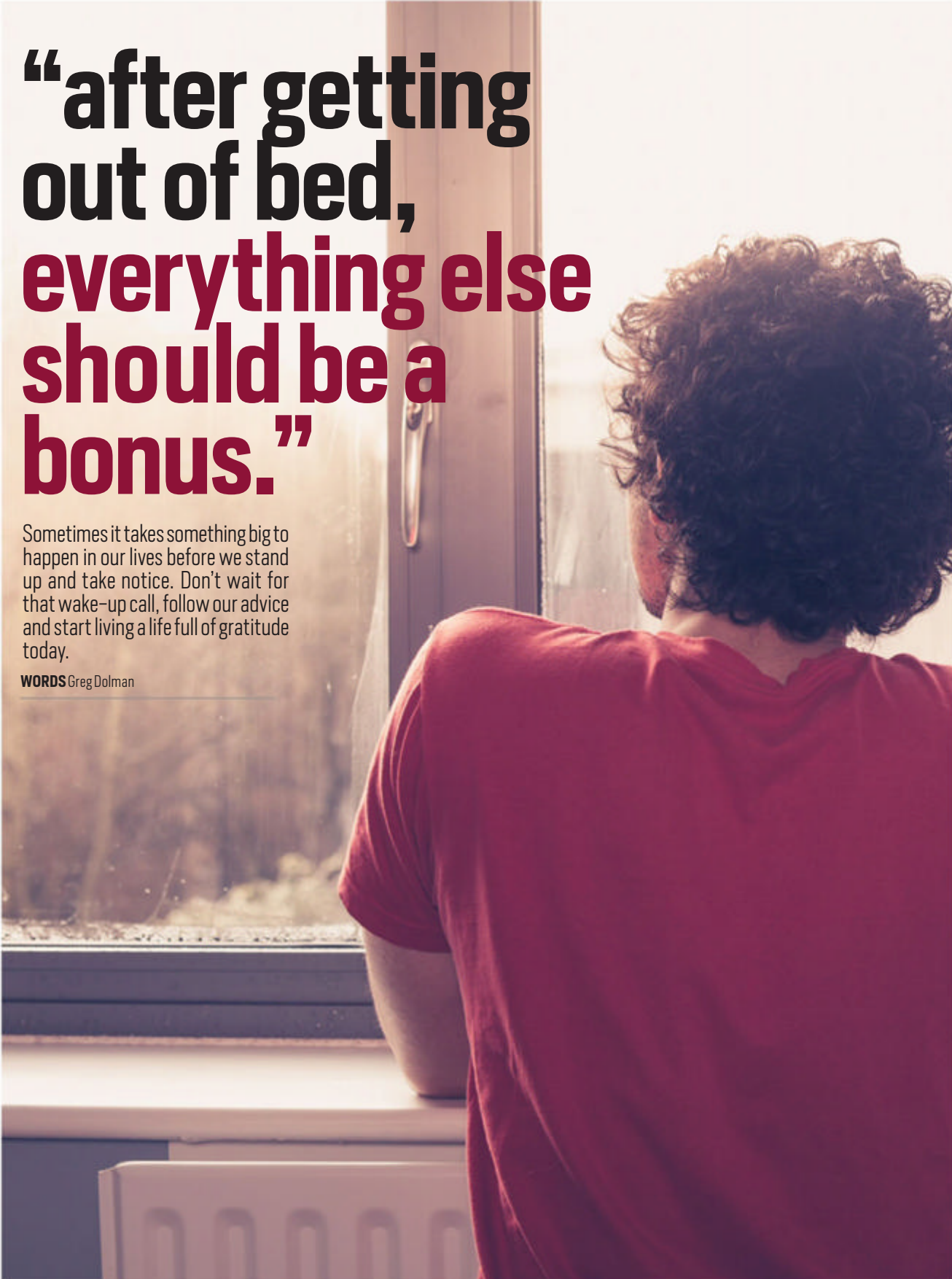
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*Melbourne Friday - Industry Only Day



#FitStrongNow @AusFitnessExpo

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A person with curly hair, seen from behind, wearing a red t-shirt and looking out a window. The window shows a view of trees and a bright sky. The person's arm is resting on the windowsill.

“after getting out of bed, everything else should be a bonus.”

Sometimes it takes something big to happen in our lives before we stand up and take notice. Don't wait for that wake-up call, follow our advice and start living a life full of gratitude today.

WORDS Greg Dolman



"I FELT LIKE SOMEONE HAD GIVEN ME A BIG SLAP ACROSS MY FACE WITH A BLOODY BIG FISH; AND IT WAS EXACTLY WHAT I NEEDED."

My spelling of GR8FUL occurred when I was playing around on the Personalised Plates website some years ago. I was looking at the possibility of obtaining '4TUNE8' number plates - but they were already gone. Then GR8FUL popped in to my head. They were available, so I bought them, and they are still mine!

My GR8FUL journey began around 12 years ago and involved being GR8FUL for what I have in my life, both internally and externally.

I was living a pretty good existence at the time (or so I thought) and was taking life one day at a time. I, like everyone else, have had crap, still do, and probably always will to some degree. However, it took a phone call from my father in November 2003 to really pull my head in and

review a fair portion of my life at that time.

My father had been having some health issues with his breathing over the past few months, which he thought was from not doing enough exercise. Being a builder, dad was always a pretty physical guy who looked after himself by moving his body with his pretty heavy physical workload, and eating a balanced diet. He even used to drink the leftover steamed veggies water after it had cooled because of the nutrients it contained!

The first sign of any breathing issue was about six months before our November phone call, when dad was walking to the shops to get some groceries. It was a 25-minute uphill walk to the shops, when he had to stop for a breather. He thought it was strange at the time, but after a short rest, continued his

journey to the shops and went back home without any drama.

Another couple of months later, dad was pulled over by a random breath test in which he was instructed to blow into the breath analyser three times. The testing officer told dad to blow harder to which dad responded, "I am blowing as hard as I can!" Finally the fourth time, dad got a reading. But this experience had confirmed that something wasn't right. Dad did the appropriate tests over the next couple of weeks and discovered that he had mesothelioma (asbestos poisoning). Two thirds of his left lung was already taken over by this aggressive disease, for which the survival rate is zero. The doctors told my dad that he had roughly one year to live.

He lasted six months.

To watch a man who had weighed a healthy 90kg as long as I could remember

seemingly disappear before my eyes was very hard indeed. There are some who have survived a period of time with mesothelioma (up to nine years) but for most it is a very quick and ugly race to their death.

It is from this point on that my life took a really drastic turn to being GR8FUL for what I have, and not worrying about what I don't have.

Through my dad's illness, especially when he was in hospital, I was in the company of many cancer sufferers. I met people younger than me, the same age, and older. The common thing they all spoke about was the things that they wished they had done more of during their time in good health. Things like spending more time with loved ones, be it family or friends. ▶

At the time I had been training pretty hard at the gym, and if I had an expectation of doing a particular exercise with a certain weight, I would drag myself across hot coals if I couldn't do it. Dad said to me "you have a bucket load of health and you take it for granted". He was right! Here I was kicking myself over not being able to do a particular exercise with a particular weight, and the guy in the hospital room next door to my dad's couldn't get out of bed. I felt like someone had given me a big slap across my face with a bloody big fish; and it was exactly what I needed.

CREATE AN ATTITUDE OF GRATITUDE

- ① Focus on what's important in your life
- ② Work to live, don't live to work
- ③ Spend quality time with loved ones
- ④ Follow your passion
- ⑤ Enjoy the simple things in life
- ⑥ Don't take your health, and that of your loved ones, for granted

When I was talking to these people who had just days or weeks left to live, it was the simple things that brought them joy. Things like sitting in the sun, just talking to loved ones, getting out of bed, just to name a few. These people, along with my dad, all made me realise that I was taking everything for granted. Suddenly, the things I was previously stressing about became nothing. I then developed my theory of stress which consists of controllable and non-controllable. If it's controllable, then do something about it. If the stress is non-controllable, then let it play its course.

After this experience, my training took on a whole new approach. After getting out of bed, everything else should be a bonus. Any dramas that the day brought, I tackled them one at a time and worked through what I could. My workouts started to flow without any expectation whatsoever. I was just GR8FUL for the fact that I was actually able to go to the gym. I was GR8FUL for having the health to allow me to train. All of a sudden, my whole attitude to all areas of my life began to flow and change. This was the



beginning of my holistic approach to not only training, but life in general.

My dad's death, and the period leading up to it, was a very sad time. But in the years following his death I really came to appreciate and implement what my dad taught me in life, and in death.

No one, in my experience, has ever said on their death bed "gee, I wish I could have worked harder, had a bigger house and had more money". Yet these are the things that most of us tend to stress about rather than focusing on what is right in front of us. It's the simple things in life that we all need to put our energy into.

Focusing on what we currently have - and not what we haven't got - is so important.

My GR8FUL number plates are a constant reminder of what is important, and what is not. Through this, my dad still teaches me from his grave with the things he said to me throughout his life.

So, if the reader finds themselves in a place of stress, for whatever reason, decide first whether it's worth stressing about or not. If it's controllable, put steps in place to fix it. If it's not, then focus on all the good people you have around you and allow them to assist you through your challenges. **MMH**

ONE MOVE WONDER

INCREASE YOUR PEC POWER WITH

THE WEIGHTED DIP

TARGET: Lower Pecs

SET-UP: Using a dip belt, secure the weight around your waist and grab hold of the dip bars with your arm extended. Alternatively, you could place a dumbbell between your lower legs, just above the feet. Lean slightly forward so you are bent at the hips. Bend your knees, keeping your ankles crossed as you do so.

ACTION: As you lower your body with your arms, allow your elbows to flare slightly until your upper arms are about parallel with the floor. When a slight stretch is felt in the chest or shoulders press your hands into the bars and raise your body back to starting position.

TIP: Imagine you are pressing the two dip bars together, as if performing a crossover. This will ensure you're working the pecs harder than the tris. Also, look for V-shaped dip bars as they will allow you to tailor your grip distance to suit your ability.

THE RISE OF THE TRI

Once perceived as the domain of professional athletes, multi-sports events in Australia are experiencing a boom with people from all walks of life stepping up to new challenges.

AUSTRALIA IS NOW ONE OF THE WORLD'S KEY TRIATHLON MARKETS, WITH 20 PER CENT INCREASED ENTRY INTO TRIATHLON EVENTS IN 2012-2013. More people are joining in triathlon events than ever before.

Olympian and professional triathlete Courtney Atkinson has witnessed this boom first-hand and is excited about the continued momentum of the multisport industry.

"The number of people I meet from diverse backgrounds who have either participated in, or are training for a triathlon has soared, especially over the past five years. Initially, triathlon was for those die-hard fitness fanatics, now I see it as the modern endurance challenge for many," Atkinson says.

"Triathlon's inclusion in the Olympic Games has also given credibility to what was previously considered a fringe sport. Additionally, our increased Tour de France coverage and overall cycling recognition in Australia, boosted by Cadel Evans winning the race in 2011, has had a huge impact on awareness."

In recent years, Atkinson has seen growing numbers of highly motivated, white-collar participants.

"Between the Corporate Triathlon Series, which encourages business to get involved in triathlon through team competition, to shorter distance races, triathlon is open to anyone regardless of their fitness level."

This trend is also influencing consumer demand, with Australians investing \$8.4bn in sporting services and products per annum.

"There was a time in Australia when 'Ironman' was only associated with the surf-lifesaving competition supported by a strong TV presence and Nutri-Grain promotion and advertising. Today, the bulk of participants

SWIM 1500 metres



RIDE 40 kilometres



RUN 10 kilometres



“INITIALLY, TRIATHLON WAS FOR THOSE DIE-HARD FITNESS FANATICS, NOW I SEE IT AS THE MODERN ENDURANCE CHALLENGE FOR MANY,”

who fund the industry are at the pure amateur level with the minority being the diehard ‘Ironman’ or lifelong triathletes. It is great for the industry to have ‘new blood’ so that it can continue to grow,” says Atkinson.

Atkinson believes a cycling boom has also had a direct positive impact on participation in triathlon: “With a wider acceptance of lycra-clad cyclists roaming the streets, I have noticed many of my friends who have only recently taken up cycling try a triathlon. It offers a great introductory structure for newcomers to the sport.”

So what does this growth mean for the future of the industry?

Atkinson says that strong momentum in participation numbers will continue to cement the sector nationally.

“As an amateur sport that promotes health and fitness, there is no reason the triathlon industry shouldn't continue to grow. I believe the core demographic of participants will always be 25-50 year-old health-conscious individuals looking for a purpose to become fitter and stronger. This trend will continue to be positive for the multi-sport industry, as this group has the greatest disposable income to spend within the sport.”

Atkinson believes rising costs facing the industry could potentially pose a challenge to the growth of the industry.

“The costs associated with staging a race – including insurance levies, security and policing expenses for things such as road closures – are rising, and could possibly have a detrimental effect on the viability of hosting races.”

Ticket prices will also have an effect on participation numbers.

“I believe there is still a tipping point where the average competitor will look to other less expensive endurance sport options to satisfy their needs according to price. We will have to wait and see!”

MMH

Courtney Atkinson is an ambassador for the Australian Triathlon, Endurance and Cycling Expo that will take place on the 4-5 July 2015 at the Sydney Showground. The event will give visitors the opportunity to test the latest products designed to boost their training and race performance, regardless of their level of experience. For more information visit www.atecexpo.com.au.

SHIFTING

HOLDEN HURRICANE

Conceived as a research vehicle to test future trends, the Hurricane was the first product of the GMH Research and Development section working in conjunction with the Advanced Styling Group at the new Fisherman's Bend Technical Centre opened in 1964.

(continued on pg 114)



GM HOLDEN LTD, Melbourne (manufacturer)

Holden Hurricane coupé, concept car 1969 (designed and manufactured), 2011 (restored)

Designed by Don DaHarsh, Jack Hutson, Joe Schemansky and Ed Taylor | Collection of GM Holden Ltd, Melbourne

GEAR



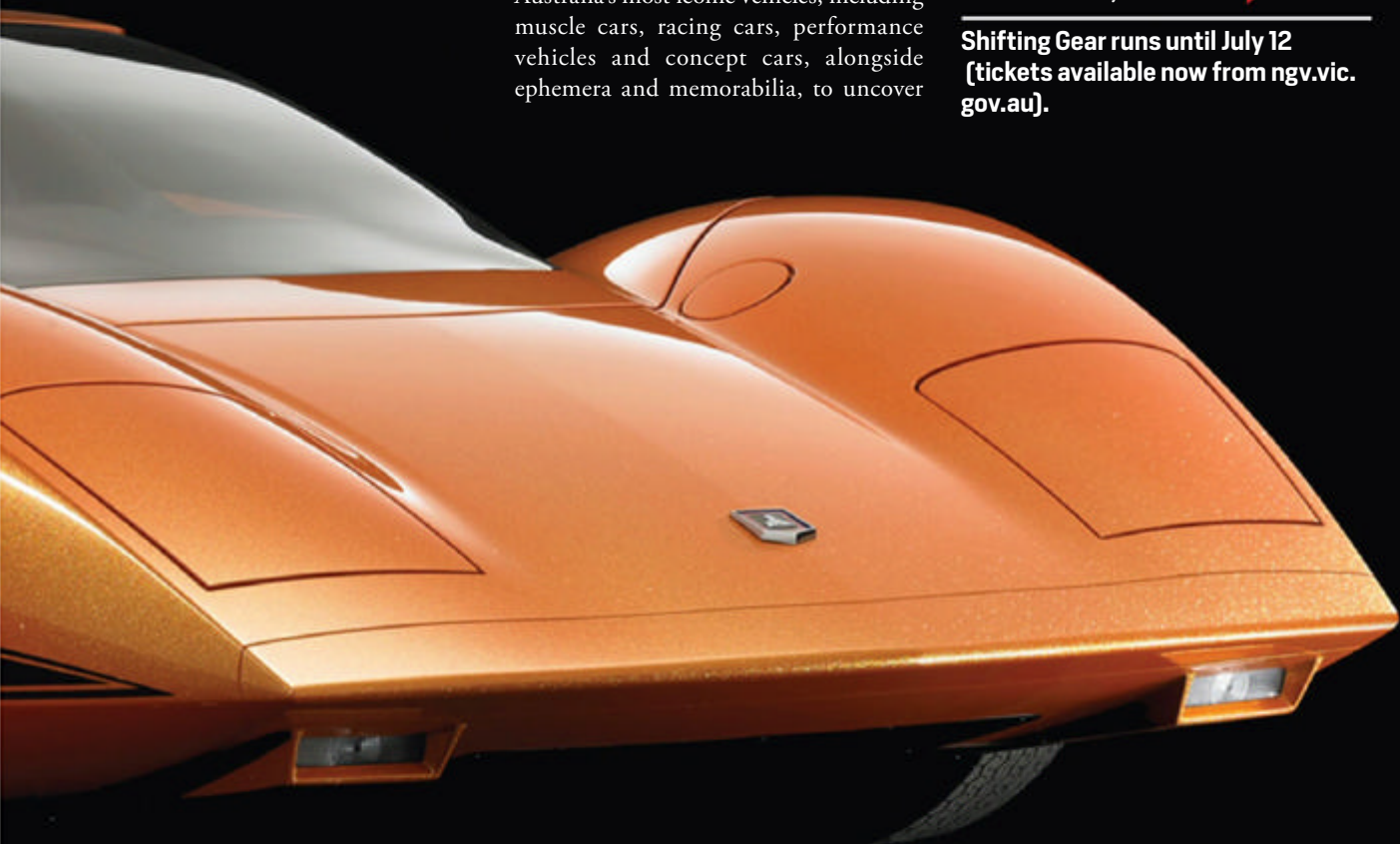
From steam-powered 'horseless carriages' and the classic Aussie ute to muscle cars, racy V8s and dazzling concept vehicles, Australia has a rich legacy of innovative car design. In a first for an Australian art gallery, the National Gallery of Victoria will explore Australia's vibrant legacy of car design in a major exhibition titled *Shifting Gear: Design, Innovation and the Australian Car*.

Shifting Gear will display 23 of Australia's most iconic vehicles, including muscle cars, racing cars, performance vehicles and concept cars, alongside ephemera and memorabilia, to uncover

and celebrate the most compelling moments in the history of Australian automotive design.

Shifting Gear will also look to the future of the Australian automobile industry as it moves from manufacturing to being a global contributor through specialist design knowledge. As *MMH* readers, we're giving you an exclusive look into some of the most impressive displays at the show, plus we have five double passes to giveaway! Turn to page 114 for details on how you can win. ▶

Shifting Gear runs until July 12
[tickets available now from ngv.vic.gov.au].





PURVIS CARS LTD, Dandenong, Victoria (manufacturer) 1974–91

Eureka Sports, coupé 1976 | designed by Allan Purvis | Collection of Jeff Thompson, Adelaide

The Purvis Eureka: From humble beginnings

The Bolwell factory was a magnet for teenager Allan Purvis, who would ride his bicycle from Dandenong to Seaford to check out the latest models. Purvis grew up in Dandenong, where his father's engineering firm was located, and after Dandenong Technical School undertook a Diploma of Advertising at Caulfield Institute. While he was to spend his professional life in advertising, Purvis wanted to build inexpensive cars, and obtained the rights to the British-based Nova when in London in 1973. The Nova

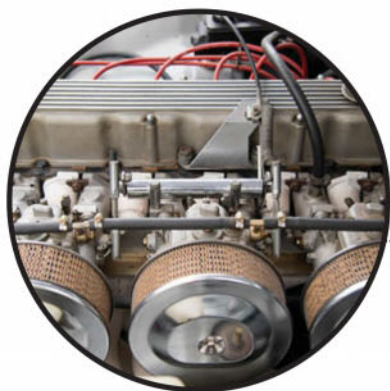
SPORT

was a kit car styled after the Ford GT40, incorporating a Volkswagen Beetle chassis, fibreglass body and a VW engine. Purvis imported a body and from this platform developed three models styled 'Eureka': the Sports, PL30 and F4.

While the Sports, unveiled at the 1974 Melbourne Motor Show, kept closely to its English roots, the following models saw considerable modification

from the Nova prototype: the angle of the windscreen was raised, the body height increased significantly to allow for taller Australian drivers and the styling became more aerodynamic. In addition, the F4 had the option of a quieter and more powerful Ford Cortina engine. As the coupé body had no doors, access was through a manually operated one-piece canopy, later replaced by a power-operated canopy.

SPEED



Zero to 100 in just 6.1 seconds, the Valiant Charger E49 was the fastest accelerating car in Australia for 27 years

CHRYSLER AUSTRALIA LTD, Adelaide (manufacturer)

VH Valiant Charger R/T E49, coupé 1971–73 manufactured

designed by Dean Bond, Tom Campbell, Bill Chinnick, Bob Hubbach and Brian Smyth | Private collection

The Valiant Charger E49: The world's fastest six-cylinder passenger car

At the time of its release in 1972, the Chrysler Valiant E49 Charger was the fastest accelerating car in Australia – a title it held for the next 27 years. Able to reach 100 kilometres per hour in only 6.1 seconds, it has indeed been claimed that the Charger was the fastest accelerating five-seat

production car in the world at the time.

The E49 Charger was available in a range of bold exterior colour options, including Blond Olive, Hemi Orange, Hot Mustard, Mercury Silver and Vitamin C. Other exterior styling included black striping and optional black-out bonnet

panels. The E49 came with alloy wheels, designed by Adelaide manufacturer ROH, as a standard feature and a big tank option which enabled more fuel to be carried for the purpose of long-distance track racing. The most defining feature of the car, however, was the Hemi six-pack engine

under the bonnet. With a high-overlap camshaft, enlarged valves, tuned-length extractors and fuel supplied by three specially engineered twin-barrel Weber carburetors, the Hemi six produced 302 brake horsepower, making it the most powerful production engine of its time. ▶



STYLE



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**TO SHIFTING GEAR:
DESIGN, INNOVATION AND THE
AUSTRALIAN CAR**

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WINNERS WILL BE ANNOUNCED
ON JUNE 1

**YOU GOT TO BE IN IT
TO WIN IT!**

The Holden Hurricane: a concept car

A wedge-shaped, two-passenger, mid-engined V8 sports car, the Holden Hurricane is 995mm tall with a fibreglass body finished in an experimental metallic orange paint. It was launched in 1969.

The body consists of three parts opening out like a piece of kinetic sculpture: the canopy, which tilts up and forward over the front wheels to allow passenger access; the engine hood, which pivots up and back over the rear wheels; and the body shell. The cockpit-type passenger compartment has individual form-fitting seats, with fixed headrests and self-adjusting safety belts. It boasts a plethora of advanced gadgetry: closed-

circuit television for rear vision, an early version of GPS, digital instrument displays and an aerodynamically advanced exterior.

Conceived as a research vehicle to test future trends, the Hurricane was the first product of the GMH Research and Development section working in conjunction with the Advanced Styling Group at the new Fisherman's Bend Technical Centre opened in 1964.

Restoration of the Hurricane began in 2006 following the original design specifications and was finished in 2011 when it went on display at Motorclassica in Melbourne.

GM HOLDEN LTD, Melbourne (manufacturer)

Holden Hurricane coupé, concept car 1969 (designed and manufactured), 2011 (restored)

Designed by Don DaHarsh, Jack Hutson, Joe Schemansky and Ed Taylor | Collection of GM Holden Ltd, Melbourne

LOOK AND PERFORM AT YOUR PEAK



Fitness Model: Joel Bushby Photo by Dallas Olsen



Mens-Muscle-Health-Magazine

MMH
MEN'S MUSCLE & HEALTH

KICKSTART YOUR

Run faster, swim for longer and cycle harder with this targeted leg workout.

Not only will training legs help you run faster, it will also help with cycling, swimming and every other sport where you need those pins to shift into high gear. The following strength workout has been designed with this in mind, targeting both leg strength and overall endurance. Armed with this workout, you will be able to develop the functional, athletic legs you need, while creating the aesthetically pleasing look you desire. So go on, GET LEGS!

ATHLETE Esat Emre Agis | IMAGES Dallas Olsen

EXERCISE

SETS REPS*

Barbell Squats	2-3	15-20
Deadlifts	2-3	10-15
Explosive Shoulder Press	2	15-20
Lunges	2	15-20
KB Follow through	2	15-20

* The reps in this workout are high, so your weights should be manageable and rests kept to a minimum. Go too heavy and you'll defeat the purpose of this fast-paced program.



LEGS



Barbell Front Squats

TARGET MUSCLES: Quads, hamstrings and glutes

SET-UP: Stand up straight with the bar across the front of your shoulders and your feet just outside shoulder-width, toes pointed out slightly. Keep your chest and back flat, eyes focused forward. Palms should be facing up.

ACTION: With your abs tight, bend your knees and hips as if sitting in a chair until your thighs are parallel with the floor. Reverse the motion by driving through your heels and pressing your hips forward to return to the start position.

TIP: Keep your elbows lifted throughout the movement as it will help you rise out of a heavy squat.

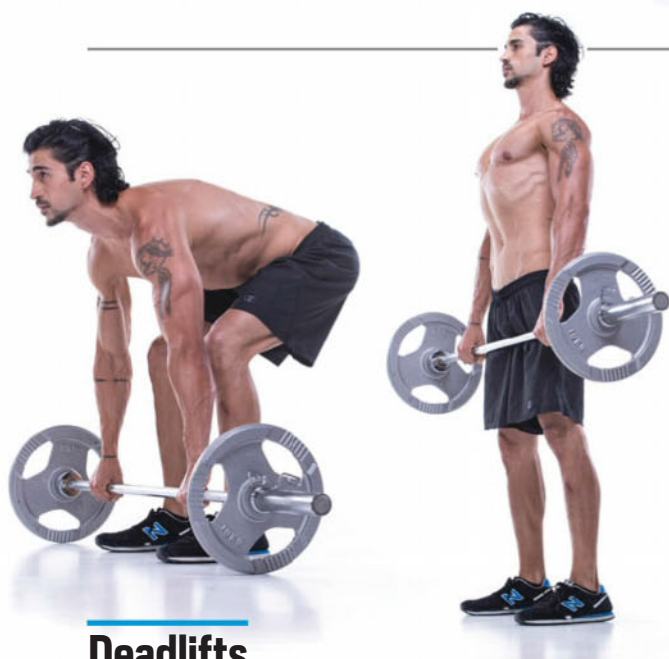
Explosive Shoulder Press

TARGET MUSCLES: Shoulders, arms and calves.

SET-UP: Start with your legs slightly bent and feet shoulder-width apart. Lean your upper body forward, with arms extended at your knees. Grip is overhand, with thumbs facing in.

ACTION: With a slight jump, pull the weight up your body, bending your arms and catching the weight at your shoulders – palms facing out. From here, dip your knees slightly and drive the weights vertically overhead. This should be one fluid movement.

TIP: For an extra challenge, rise up on your toes as you push the weights vertically overhead. This will really work the calf muscles.



Deadlifts

TARGET MUSCLES: Hamstrings, erector spinae and glutes

SET-UP: Starting with the bar on the ground, squat down slightly and take an overhand grip on the bar. Hands are just outside your hips with thumbs facing in. Feet should be just outside shoulder-width and eyes are facing forward.

ACTION: Keeping a flat back, begin to stand up, lifting the bar up your shins as you do so. Upon reaching your knees, push your hips forward as you continue to lift the bar until your legs reach full extension. Exhale at the top before lowering the bar back down to starting position.

TIP: Instead of using your back, focus on contracting your hamstrings to lift your upper body up.



Lunges

TARGET MUSCLES: Glutes, hamstrings and quadriceps

SET-UP: Holding a dumbbell in each hand at your sides, stand up tall and lock your core on tight.

ACTION: Taking a large step forward with one foot, bend both knees until your back knee is 5-10cm off the ground. From here, press through your front heel and return to starting position. Complete all reps on one leg before alternating

Kettlebell Follow-through

TARGET MUSCLES: Shoulders and glutes

NOTE: *This is not the Russian Kettlebell Swing. A follow-through is a controlled strength movement that can similarly be performed with a dumbbell, weight-plate or even a medicine ball.*

SET-UP: Position a kettlebell between your legs. With a wide squat stance, grab the kettlebell with both hands.

ACTION: As you stand up, lift the weight out in front of you to shoulder height, before controlling the weight back down. Avoid swinging the kettlebell. The weight should not touch the ground in between reps and instead should come just under the groin before starting the next rep.



ESAT'S TOP TIPS FOR TRAINING LEGS

1. ALWAYS avoid locking out your knees
2. Full range of motion is the best to hit the whole muscle group - go deep!
3. To have a more efficient and thorough workout, control your negative reps by slowing down the pace. This also helps to prevent knee and lower back injury



Esat Emre Agis

Esat Emre Agis is a private personal trainer, qualified chef and an experienced weight management consultant. Growing up, he spent his time playing soccer and practised every other sport his small town had to offer. Esat uses his expertise from sports, nutritional background and consulting work to help others set and achieve their goals as well as improve their general health. Esat believes that having the right mindset is vital to success in anything he does – 'motivate the mind, and the body will follow'.

juicing vs blending

It might seem obvious, but there is actually a lot of confusion between juicing and blending. So let's quickly clear things up: juicing is when the machine extracts the juice from your fruit and vegetables, and leaves the pulp (fibre) behind. Blending pulverises the whole produce to create a 'smoothie' – with no leftover pulp. Nutritionists debate tirelessly which is better for you, but we say why not have the best of both worlds? And with our green juice smoothie, you can. This hybrid is a delicious, portable morning meal with all the fibre from your produce to keep you satisfied longer and an extra hit of fresh veggie juice for instant energy. **MMH**



Photo Credit: Shutterstock.com

THE GREEN JUICE SMOOTHIE

Ingredients:

Juice

- ½ small cucumber
- 2 stalks celery
- 1 medium green apple

Smoothie

- 1 frozen banana
- 1 cup frozen mango
- ½ cup frozen broccoli

Instructions

Juice all the 'juice' ingredients in a cold-press juicer. Combine fresh juice with the 'smoothie' ingredients in a high-powered blender jug. Blend on high for 30 seconds or until ingredients become smooth and combined. Add more liquid for a thinner consistency or another banana to make things creamier. Serve immediately.

Nutrients per serving (600ml):

- Calories: 280
- Protein: 4g
- Carbs: 70g
- Fat: 1g
- Sat. Fat: 0g

EDITOR'S PICKS



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Images provided by Tough Mudder

mud, sweat and... tear gas

THE FITNESS LANDSCAPE IN AUSTRALIA IS CHANGING AGAIN – WITH MORE AND MORE AUSSIES CHOOSING TO PARTICIPATE IN MULTI-SPORTS EVENTS THAT BLUR THE LINES BETWEEN PLEASURE AND PAIN.

However, is this just the latest fitness fad? We sat down to explore the nature of these events to determine if they're here to stay.

WORDS Paul Mudge

THE ADVENTURE RACE BOOM

With 'experience' considered the new 'luxury item', Aussies are forever looking for new experiences in life and in fitness that challenge the norm and provide a sense of accomplishment unlike anything else. In fact, globally, we're one of the biggest early adopters of new fitness trends, from group personal training/ boot camps to yoga to mud obstacle events.

The Australian obstacle and adventure industry has exploded in the past three years. It is now more popular than ever, and considered quite the norm to spend your weekend belly-crawling through mud or getting zapped by 10,000-volt shocks. But just like 50 Shades of Grey, are these pain v pleasure events just another short-lived, media-hyped phenomenon? What

is it about these types of events that gets people engaged and keeps them going back for more?

When it comes down to it, us Aussies like to try something new and a bit different – the underlying pride of being the first of our mates to conquer the latest fitness trend. Adventure racing, however, taps into something deeper: a wider mindset that might suggest they have a future in this country. They provide a unique platform for people to come together, push each other and achieve something special as a team no matter their fitness level. There are five main reasons why people keep coming back to these events:

THE CHALLENGE: people are looking for new challenges that push themselves to their limits. Obstacle course events and adventure racing are unique challenges that encourage people to get out of their comfort zone.

THE INNER CHILD: we all have an inner child that yearns for mud, water slides and swimming through swamps – adventure racing and obstacle races provide all this and more.

THE FEAR FACTOR: facing your fear creates an adrenaline rush like no other – whether it's height, long distance, confined space, swimming in ice-cold water, or running through electric shocks – adventure racing tests it all.

THE CAMARADERIE: these events inspire a true sense of teamwork – most of these events are set up so that it's almost impossible to complete on your

own, which forces people to call on their teammates or fellow participants in order to get to the finish line.

THE COMMUNITY: adventure races are probably some of the toughest events on the planet; however, these events are set up to challenge any individual no matter their strength or fitness levels. From boot camp teams to corporate bosses to new mums – Aussies from all communities are taking on these types of events.

There's nothing soft about completing an obstacle course event, quite the contrary. There is nothing like conquering the mud, sweat and tears of an adventure race with your mates that a typical fun run event can't quite match.





Images provided by Tough Mudder

STAYING AHEAD OF THE PACK

One of the events leading the charge in Australia is Tough Mudder, a 16km+ course littered with military style obstacles. Known as 'probably the toughest event on the planet', Tough Mudder has just unveiled a suite of all new obstacles, brand new event sites and expanded age eligibility as the endurance series confirms its position as the world's largest and most team-oriented event of its kind.

During the off season, the mad-minded Tough Mudder course designers spent countless hours holed up in their Obstacle Innovation Lab with one mission: to create unique, exhilarating, never-before-seen obstacles which emphasise teamwork and adrenaline-inducing fun. Everything has been turned up a notch; everyone's favourite obstacles have been revamped and redefined into nothing like you have ever experienced before.

The obstacle innovations for 2015 encourage participants to work together more than ever before, while still providing the personal challenge people have come to expect from Tough Mudder. 2015 provides a fresh experience for returning "Mudders" and over a dozen new reasons for first-timers to finally take the plunge.

Ten exhilarating new obstacles will hit courses, including "King of the Swingers," a pendulum swing off a 4m platform; "Dead Ringer," a traverse across a series of inclined pegs using handheld rings; and "Cry Baby," a tunnel crawl through tear gas.

Reinvented favourites (ice water plunge "Arctic Enema" and slicked quarter pipe "Everest") are among the signature Tough Mudder obstacles that have been redesigned. "2.0" versions will

offer new twists on the classic challenges, pushing participants to work as a team.

Bringing Tough Mudder to all new locations means these never-before-seen and revamped favourites will have participants taking on a whole new diverse terrain in Brisbane, Melbourne and Sydney.

PREPARING FOR THE CHALLENGE

One of the best things about obstacle course events and adventure racing events is that they are challenging yet achievable for the everyday Aussie who has the determination and right attitude. Training will go a long way to getting you over the line with your mates and enjoying the hard-earned beer awaiting you at the finish line.

Depending on your fitness level going in, it is recommended to give yourself a few months to prepare. If hills, mud, ropes, ice baths, tear gas and electric shocks are your thing, add a well-rounded circuit based session to your weekly exercise routine so you'll be ready to tackle the fitness challenge. At a minimum, it is recommended you should be able to run 5-8km, 2-3 times a week; do 10-15 push-ups; and swim 25m non-stop. Easy enough for **MMH** readers, right!?

Set your end goal and work hard towards achieving it. However, that doesn't mean you should lose sight of the journey along the way. Set small milestones and make sure you celebrate them as this will keep your morale high and motivation going. Don't get us wrong, you're in for a ride and it'll be full of ups and downs, but guess what? If you work out and eat right, making it over the finish line is absolutely guaranteed. **MMH**



THERE IS NOTHING LIKE CONQUERING THE MUD, SWEAT AND TEARS OF AN ADVENTURE RACE WITH YOUR MATES THAT A TYPICAL FUN RUN EVENT CAN'T QUITE MATCH.



Images provided by Tough Mudder



YOUR ADVENTURE RACE TRAINING

TRAINING SNAPSHOT

1. Warm up: 5 minutes
2. 3 x Circuits: 10 minutes
 - 2 minute cardio e.g. high knees
 - 1 minute strength e.g. push ups
 - 2 minute cardio e.g. jump rope
 - 1 minute strength e.g. tough squats
 - 2 minute cardio e.g. quick feet
 - 1 minute strength e.g. side planks
 - 1 minute rest
- Cool Down: 5 minutes

Advancing Levels:

As soon as this circuit feels relatively comfortable, you should advance to 4 x 10-minute circuits, then 5 x 10-minute circuits. Take a rest as needed for your fitness level. We recommend one minute rest per circuit, though you may need to build up to this level. Please consult your doctor or physician for any additional concerns.

Recommended Equipment:

- Towel
- Dumbbell/Weight/Kettlebell
- Pull-up Bar
- Box/Bench



WARM UP: 5 minutes

ONE MINUTE FOR EACH EXERCISE: 1. RUNNING 2. GRAPEVINE, ALTERNATE SIDES 3. SIDE SHUFFLE, ALTERNATE SIDES 4. HIGH KNEES 5. BUTT KICKS

CIRCUIT: 10 minutes (repeat 3 times)



Cardio: High Knees – 2 minutes

To master the high knee, begin in a squat position with hands on the floor in front of you. Kick your feet back to a push-up position. Immediately return your feet to the squat position. Leap up as high as you can from the squat position. Repeat, moving as fast as possible and maintain a fast pace. To kick it up a notch, begin adding a push-up as you hit the ground.



Strength: Squats – 1 minute

Stand with your feet hip distance apart with your toes, knees and hips in a straight line. Pull your belly button towards your spine and contract your abdominal muscles. Slowly lower your body, as though you are sitting in a chair, until your butt is in line with your knees. You should have your back straight, knees behind your toes and weight on your heels. Add some burn by taking a dumbbell, kettlebell, or large stone and hold it in front of your chest. Pause to let the burn really set in, then push yourself back to the start position.



Strength: Push-ups – 1 minute

Place your hands flat on the ground, square your shoulders and make sure your hips are in line with your back. Your body should be razor straight as you lower your chest to the ground. Add some intensity to the exercise by performing explosive push-ups. On the up motion, power yourself into the air and try to get 2-3cm off the ground. Absorb the shock by landing softly before beginning the next push-up.



Cardio: Quick Feet – 2 minutes

Stand with your legs hip-width apart and start running in place on your toes. Increase your speed so it feels like you're digging into the ground. Every 20 seconds drop quickly to the ground and jump back up to resume Quick Feet.



Cardio: Jump Rope – 2 minutes

If a jump rope workout is good enough for Rocky, it's good enough for you! Start with the standard jump by pushing off the ground evenly, with both feet. Work up to the running jump rope and then move on to double-unders.



Strength: Turkish Get Ups – 1 minute

Start by lying on your back holding a kettlebell, dumbbell or rock above one shoulder. Then stand up, using your free arm to help you, while keeping the weight above you at all times. Keep your arm fully extended as you lie back down and repeat. Switch sides halfway through. Add more weight and go faster.

Cool Down: 5 minutes

Stretch your quads, back, shoulders, arms (basically whatever needs it!).

This training circuit has been kindly provided by the experts at Tough Mudder. The Tough Mudder Boot Camp high-intensity series is tailored for varying fitness levels designed to work every part of your body that's easy enough to do from your own home. For more information on Tough Mudder events coming to a city near you, or for more high intensity circuit training head to www.toughmudder.com.au/training.



creating a

At Signature Fitness, they believe you can get amazing results in small group training, as long as nutrition is individually tailored. We talk to winner of the Signature Fitness Transformation challenge Caleb Gilchrist, and his trainer Lenny Chadd, who says the results speak for themselves.

The Client

Hey Caleb, congratulations on winning the Signature Fitness Transformation challenge. Your prize was a photo shoot with Men's Muscle and Health chief photographer Dallas Olsen, and of course a ripped physique! Is this your first photo shoot?

CG: Actually, I won a photo shoot six weeks into the competition at a fitness expo. So I did a little photo shoot then – it was pretty cool and I guess it was getting me set up for this, really. I like seeing how my progress has paid off from all that hard work and a professional photographer always brings that out – so that's always good!

What made you decide to take on the Signature Fitness Challenge?

CG: I'm 20 years old now, I started training when I was 18, and I just felt like I'd hit a plateau and I wasn't going anywhere. I felt I was training hard but as far as my diet and nutrition was going I wasn't educated enough to change it or to know what to be eating so I decided to do it to get out of a rut really.

Lenny, you're the head trainer at Signature Fitness. Why did you decide to run this competition, and what made it different to all the other 'transformations' out there?

LC: The male transformation is something I've wanted to put together for some time. We run high-end transformations, that's our thing, we do small group training but individual nutrition. Initially you have to generalise [the nutrition] a little, a blanket approach, and then as the program went on, they all trained together but came in for nutritional consults every three weeks. That's why it went so well.

That's a lot of work that you've taken on; do you think the results were worth it?

LC: Big time. The majority of the guys went from the average Joe to shredded. So they went from 16 per cent down to 10 per cent. It wasn't really designed to put them on stage; it was designed to take the average guy who has never been that lean before and turn them in to a lean Australian.

signature physique

CG: I've definitely taken so much out of this competition. Even my training techniques and all that, but definitely nutrition would be the hardest yet most important thing I've learnt.

Of course, nutrition is super important when it comes to gaining strength and leaning up at the same time. What was your nutrition like before the competition?

CG: When we were kids, my mum made me and my brother vegetarians. So I guess we didn't really have the right nutrition in our body to grow. I was about 54kg when I was 17 and I was super skinny and needed to put muscle on!

Are you still a vegetarian?

CG: No, I stopped when I was about 16.

What was the most rewarding part of the program?

CG: Abs! (laughs) The knowledge was definitely rewarding, and the photo shoot! Now I have the knowledge to cut down I can do it again next year, or do it again three months down the track and just focus on doing it by myself. The good thing about Lenny and the way he teaches his clients is that he doesn't just tell you what to do - he shows you how to work out your diet and your macros and how many calories you should be taking in. It was really good.

So what advice do you have for other guys who want to go from skinny to shredded in 12 weeks? What kind of attitude does it take to get to this level of physique?

CG: Definitely go get group training like Lenny does with Signature Fitness because even if it's just for a 12-week

period you learn so much and you take that knowledge away with you and you can apply it later on in life.

LC: You can tell from someone like Caleb; he was there first for every session, he even used to come in early. I think the mindset you need is just to be consistent. In Caleb's mindset there was never really a question that he wasn't going to do it, no matter how hard it got. That's why he did so well; he lived and breathed it.

Now that the challenge is over, where do you go from here?

CG: I'm definitely never going to stop training legs for the rest of my life (laughs). Everyone who goes to the gym and trains knows you're never big enough! Obviously I'll continue training. I want to get into the competitive side of things later on but I've got to focus on my personal life a bit. The last 12 weeks I haven't had much of a social life (laughs) - but definitely in the future I want to compete.

LC: I think after having finished this program he [Caleb] should have a couple of weeks off, a couple of weeks rest, because it does take a little bit of time to get over it since he has done everything to the gram!**MMH**

The Trainer





YOUR SIGNATURE Chest and Tris

Personal trainer Lenny Chadd from Signature Fitness runs his client Caleb Gilchrist through a classic isometric chest and tris combo.

ATHLETE Caleb Gilchrist **TRAINER** Lenny Chadd **IMAGES** Dallas Olsen

A broad, well defined chest represents masculinity and strength, sending a clear message to the rest of the world about your physical capabilities. Because the pec muscles are crucial when it comes to movement, posture and power, it is essential to target your chest regularly, and with the added element of tris, you've got a classic combination for creating your signature physique.

THE WORKOUT

EXERCISE	REPS	SETS	REST
INCLINE BENCH PRESS*	12	4	0
FLAT DB BENCH PRESS	15	4	120SECS
FLAT BARBELL BENCH PRESS*	12	4	0
CABLE PEC FLYE	12	4	120SECS
BARBELL TRICEPS EXTENSION	10	4	0
CLOSE GRIP JUMPING PUSH-UPS	10	4	120SECS

THE RULES

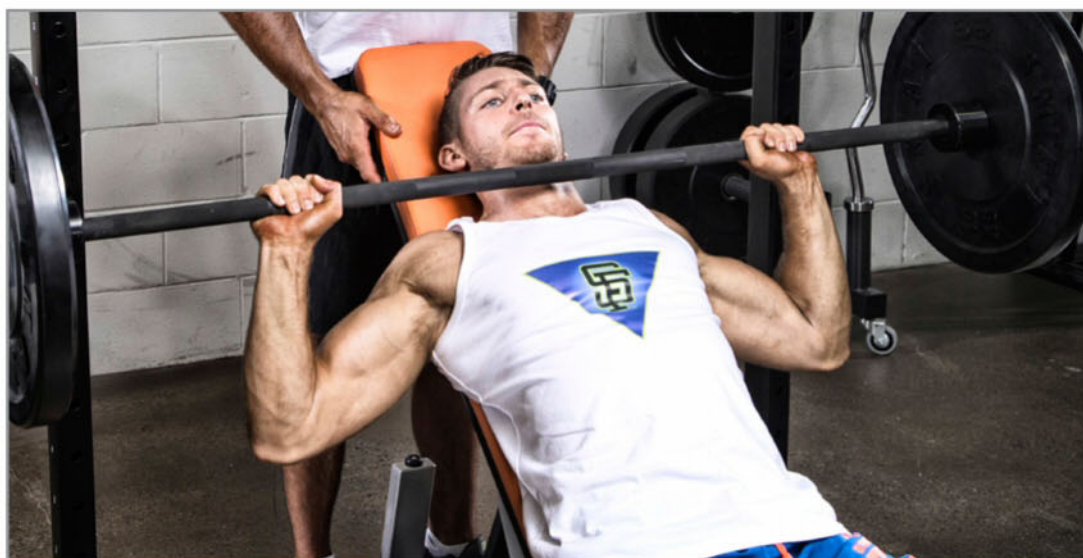
- USE INTENTIONS FOR EXERCISES MARKED WITH A*
- NO LOCKOUT OF JOINTS ON ANY EXERCISE
- EVERY EXERCISE FULL RANGE OF MOTION
- 2-SECOND PAUSES AT THE BOTTOM OF EVERY REP
- ONLY USE 60% OF YOUR 1RM FOR EACH MOVE
- COMPLETE NO MORE THAN TWO TIMES A WEEK

*Intention means when lowering the bar on bench, shoving hands inward keeping chest under tension.

A1. INCLINE BARBELL BENCH PRESS*

SET-UP: With your bar on the rack, sit on an incline bench and grasp the bar with an outside shoulder-width overhand grip. Hold the bar above your chest with your arms extended.

ACTION: Lower the bar, keeping your elbows close to your body. Don't bounce the bar off your chest but rather - when the bar is about 2-3cm from your chest - pause and press the bar back up to the starting position.



A2. FLAT DUMBBELL BENCH PRESS

SET-UP: Lie back squarely on a flat bench with your feet positioned wide for stability. Hold the dumbbells just outside your shoulders with your palms facing forward.

ACTION: Press the weights up and together to full arm extension, but don't rest the weights against each other. Lower with control.



B1. FLAT BARBELL BENCH PRESS*

SET-UP: Lie back on a flat bench. Grasp the bar with an outside shoulder-width overhand grip. Hold the bar above your chest with your arms extended.

ACTION: Lower the bar, keeping your elbows close to your body. It's advised to have a spotter on standby during this move as it can be a tricky and dangerous place to get out of if you're unable to re-rack the bar.



B2. CABLE PEC FLYE

SET-UP: Attach a D-handle to each upper pulley and stand midway between the cable stations, grasping the handles out to your sides, your palms facing forward and down. Take a split stance and remain erect, slightly bending forward at the waist. Lock a slight bend in your elbows and hold it for the duration of the set.

ACTION: Contract your pecs to bring the handles forward and down in a wide arc, holding the peak-contracted position for a count before releasing under control.





C1. SEATED TRICEPS EXTENSION

SET-UP: On a seated bench with back support, grasp the bar with both hands and hold it overhead at full extension. If lifting heavy, it is preferable to have someone hand you the bar from behind.

ACTION: Keeping your arms close in beside your ears, lower the bar in an arc behind you until your forearms touch your biceps before raising back to the starting position. Remember to keep your upper arms stationary throughout the movement.

C2. CLOSE GRIP JUMPING PUSH-UPS

SET-UP: With your body parallel to the floor in a push-up position, place your hands slightly inside shoulder width. Keep your abs locked on tight.

ACTION: Keeping your body rigid and your elbows close to your sides, lower yourself down towards the floor, then push powerfully through your hands back to full-arm extension – your hands should lift briefly off the ground at the top of the movement.



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TRAIN HARD. EAT CLEAN.

Yvette Latham

NAME: Yvette Latham

AGE: 28

HOMETOWN: Brisbane, QLD

OCCUPATION: Owner at F4B's Training Studio

With a passion for health and fitness, and a killer body to match, Yvette Latham has the fitness world at her feet. Currently finishing off her studies in personal training and opening up her own studio, 2015 looks to be a big year for this bronzed beauty, who is also competing in the first Olympia Australia this November. We've got no doubt that Yvette will achieve her dream of competing overseas in the IFBB Worlds, but for now, we're happy to have her here shooting hoops with us!

How do you stay in shape? Weight training five times a week and cardio 2-3 times a week.

What's your favourite food? Sushi, and my once-a-week treat is Subway's cookies or Krispy Kreme!

What is your favourite body part to train? Shoulders and glutes, because I like how the shoulders help shape your body into an hourglass shape. Also you can never have too much booty!

What body part do you love most on a man? Arms and abs - I enjoy having some eye candy!


What do you do for fun? I do some DJ gigs when I'm off-season. Or make a mix for myself to train at the gym with. I also enjoy having a day on the water knee-boarding, sunbaking etc.

What is your claim to fame? I was the overall winner for the IFBB Australian Nationals Bikini Novices Shorts 2014.

What characteristics do you most look for in a partner? Someone who is very supportive, caring, loving, and makes time for you. Also, I need someone who can make me laugh or smile. Otherwise it gets too boring. You only live life once so you have to enjoy it with someone fun.

If you could be anywhere in the world doing anything – what and where would you be? I would want to be on a tropical island (like Tahiti, Cebu islands or Maldives) relaxing, swimming and sunbaking with my special loved ones! **MMH**



A woman with long dark hair is posing against a grey background. She is wearing a black sports bra and red shorts. Her arms are raised, and she is looking towards the camera. The lighting is dramatic, highlighting her physique.

"I LIKE HOW THE SHOULDERS HELP SHAPE YOUR BODY INTO AN HOURGLASS SHAPE. ALSO, YOU CAN NEVER HAVE TOO MUCH BOOTY!"

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THREE QUARTER MAN

In the upcoming autobiography, *Three Quarter Man*, Sam Bramham gives a candid and very funny account of life as an athlete, and lifts the lid on what mischief athletes really get up to when the crowds aren't watching! From having his leg amputated at five, Sam shares his personal account of the highs and lows of the journey so far – including his current goal to win gold for Australia in the first ever 2016 Paralympic triathlon in Rio.

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Perfect for any man who is committed to maximising his genetic potential, MALE TESTO is an organic vegetarian, protein-rich formula which contains premium quality, all-natural ingredients such as highly bio-available pea protein and brown sprouted rice protein that effectively accelerate your ability to build lean body mass. Taken just once a day, it can naturally boost testosterone levels, sex drive, reduce fat and increase lean muscle mass. Think of it as a modern-day man's best friend.

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nipandman.com



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The Exos 48L Pack showcases Osprey's never-ending search for the latest technology in materials and hardware as well as innovative design. The AirSpeed suspension, torso-specific sizing and ergonomic design all contribute to bridge the gap between comfort, fit and light weight. Updated materials and hardware provide a lighter weight pack, and the lid, key straps and attachment points are all removable.

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SNAPBACK STYLE

LKI have just released their winter 2015 range which includes hoodies, shirts, tees and these fresh snapbacks. The brand new Scope Snapback has an all over pattern brim with embroidered front patch that embodies some of the key trends this Winter.

The Scope snapback has just landed and is this season's hot item. 2 colourways - Light grey marl, Dark grey marl

RRP \$ AUD: 34.99 loosekid.com



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RRP: \$129 (NZ \$159) or \$159 (NZ \$189) for the HRM bundle.

www.garmin.com.au



STATS

Name: Daniel Pardo
 Location: Bateau Bay, NSW
 Occupation: Personal Trainer
 Age: 25
 Website: www.dppt.com.au

HARDGAINER: DANIEL PARDO

"The pivotal moment for me was almost turning 18 and not even weighing 50kg. After being the brunt of everyone's jokes and feeling emasculated, I needed a change."

SEVENTEEN-YEAR-OLD DANIEL PARDO WEIGHED 49KG. HE WAS TIRED OF HEARING PEOPLE EXCLAIM "WOW, YOU'RE SKINNY!" OR EVEN ASKING IF HE WAS SICK. DANIEL WAS SICK... SICK OF THE JOKES AND OF BEING PUSHED AROUND BECAUSE OF HIS SIZE. Years of being underweight had left Daniel insecure, shy and unsure of himself.

"I'd never have my own opinion," remembers Daniel. "I'd laugh at jokes that weren't funny and agree with everyone even though sometimes things were at my expense. I had a skinny mind which led to a skinny body."

When Daniel realised he would turn 18 without even weighing a meagre 50kg,

he decided enough was enough. "After being the brunt of everyone's jokes and feeling emasculated, I needed a change," said Daniel. And change he did. Every day after school a dedicated Daniel would catch the bus to the gym and train.

Once people started to notice the changes in Daniel physique, and even ask him for advice at the gym, his confidence began to soar. Training wasn't just changing Daniel's body; it was giving him the confidence to live out his potential.

"I personally feel the changes within myself far exceed the physical," says Daniel. "I've gone from someone with no confidence or belief to become a leader and somebody people depend and rely on."



After Photo Credit: Kyle Toomey

After attaining a physique he never thought possible, Daniel set out to achieve his certificate III and IV in fitness, plus a cert IV in small business management - and now combines the two to create life-changing results for others. Like many, Daniel believes that consistency is key - especially for 'hard gainers' like himself.

"Hard gainers is a term to describe ectomorphs or people of a smaller frame who find it difficult to put on mass. This is my specialty. Finding it hard to put on weight? I know your pain," says Daniel. "But starting from where I did wasn't all a bad thing. It taught me work ethic and gave me a hunger to progress that I haven't been able to satisfy yet."

According to Daniel, there are far worse and harder things than training and eating well. If you simply change your mindset and enjoy what you do, you will excel.

"From the day you get your first measurements or start to see results you are hooked. It's just been a part of my life and slowly but surely it took over as my profession. It's important to me because it has changed my life for the better," says Daniel.

After launching his website and being blown away by the testimonials he received from his clients, Daniel was overwhelmed with gratitude. Now he is hoping to increase his reach and as many people as possible transform and achieve their goals, just like he did.

"I know I have the power to help a lot of people. I will always try to better my physique but I really want to show as many people as I can that you can make minor changes to your lifestyle for life changing results." **MMH**

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"IF YOU AREN'T
WILLING TO FIGHT
FOR WHAT YOU WANT,
THEN YOU DESERVE
WHAT YOU GET!"



EXHALE

With Joe Muir

IMAGE BY DALLAS OLSEN

Wake up bright eyed with a different type of caffeine hit

Lqd Skin Care launches new Eye Restore with caffeine

Our eyes reveal tell-tale signs of a hectic lifestyle but Lqd Skin Care's new *Eye Restore* with caffeine can help to undo the damage – leaving you to look awake and alert, before you've had your morning coffee.

Lqd Skin Care for Men, an Australian made skin care range developed by men for mankind, has launched *Eye Restore*, the newest addition to the Lqd range. *Eye Restore* is a premium eye serum specifically designed to refresh, rejuvenate and hydrate the eye area, ensuring that men look and feel the best they can.

Eye Restore complements the current Lqd Skin Care for Men range, which is free from commonly used ingredients that are known skin irritants such as essential oils, sulphates,

parabens, menthol, colourings and fragrances.

Complete with caffeine and a unique blend of polypeptide actives including Syn-Coll, Snap-8, Matrixyl, Eyeliss and Haloxyl, *Eye Restore* is designed to wake up and rejuvenate the skin by reducing puffiness, dark circles, fine lines and wrinkles, giving the skin a more youthful appearance.

Syn-coll is an advanced polypeptide that effectively stimulates the skin's natural mechanism to produce collagen, helping men to achieve great improvements to the skin around the eye area. Using the latest scientific research into advanced polypeptides, Lqd has developed one of the strongest eye serum formulations on the market.

Founder of Lqd Skin Care, Anthony McDonough, says

that the eyes are one of the first places where men begin to show unwanted signs of ageing – often related to a hectic lifestyle or poor lifestyle choices.

“Dark circles, puffiness, dry skin and fine lines are the markings of our lifestyle and age. The weather and urban elements place a huge stress on our skin, which can result in dilated capillaries, dehydration and redness. A quality eye serum complimented by a good skincare regime can protect your skin and keep it feeling fresh and looking

hydrated,” Mr McDonough said.

“Lqd *Eye Restore* is filled with the most advanced active ingredients which assist with collagen production and help to keep your skin feeling fresh and hydrated.”

Lqd Eye Restore 15ml is available at Sephora Australia and online at www.Lqd.com.au for \$95. Eye Restore is the sixth product in the Lqd Skin Care product range.

About Lqd Skin Care for Men

Lqd Skin Care for Men is an Australian premium skin care range developed exclusively for men, with the overarching theme, look the best you can. Lqd's aim is to break the existing rules of the skin care category and educate men about skin care. Lqd Skin Care for Men believes in a total mind, body, health and lifestyle approach to looking after your skin, as what you put into your body is just as important as what you put on your skin. Every product in the Lqd range benefits from the inclusion of Aloe Vera and uses active levels of antioxidants, anti-irritants and other scientifically proven ingredients to ensure each product works as intended.





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